MACHO PLAN: All-guy circuit gyms help dudes get buff in a hurry | **Inside**

express

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Tuesday

ABID KATIB/GETTY IMAGES

Baha Balousheh mourns his sons' deaths.

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ENTERTAINMENT

Still Fresh: *Will Smith* is filled with 'Happyness' and a full plate of new work. Plus, the rocking return of Incubus.

>> 17-20

Weather >> Partly Sunny

51 | 42

FULL FORECAST ON PAGE 30

MARCELO HERNANDEZ/AP

Ex-Dictator Mourned in Chile

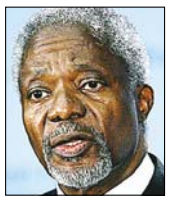
MILITARY HONORS: A supporter of Gen. Augusto Pinochet files past the ex-dictator's coffin during a ceremony at the Santiago Military Academy in Santiago, Chile, on Monday. While Pinochet's relatives mourned his death, his many opponents celebrated with champagne and lamented that he escaped justice for the torture and killings that marked his 17 years in power after a bloody 1973 coup.

Departing U.N. Chief Hits U.S.

Secretary-general criticizes Bush policies in his farewell

INDEPENDENCE, MO. | U.N. Secretary-General Kofi Annan took his criticism of the Bush administration to the nation's heartland Monday, saying America must not sacrifice its democratic ideals while waging war against terrorism.

In the hometown of President Harry Truman, who helped found the United Nations, Annan said, "Human rights and the rule of law are vital to global security and prosperity." When the U.S. "appears to abandon its own ideals and objectives, its friends abroad are naturally troubled and confused," he told a packed audience at the Truman Presidential Museum and Library.



Annan

Annan, an increasingly vocal critic of the war in Iraq, leaves the U.N. on Dec. 31 after 10 years as secretary-general.

In response to a question after his remarks, Annan said he was appealing for cooperation and leadership, not criticizing the U.S.

"What I am saying here is that when the U.S. works with other countries in a multilateral system, we do extremely well," he said. The U.S. has a special responsibility to the world because it continues to have extraordinary power, he said.

Annan was criticized by some in the Bush administration after recently saying the level of violence in Iraq is worse than that of Lebanon's civil war and that some Iraqis believe their lives were better under Saddam Hussein. (AP)

RUDOLPH | **Had a Very Tasty Nose** A Glenville, Ill., food stand will begin selling reindeer hot dogs for the holiday season, KNBC-TV reported. Redhots and Fries will serve the reindeer frankfurters with grilled onions and mustard, the way they are eaten in Alaska, where, owner Fred Markoff said, he first tried them. The wieners — which the stand orders from an Alaskan meat company — will cost $8 and will be on sale Friday through the end of the holiday season. (EXPRESS) **EyeOpeners | Page 2**

eyeOpeners

OBSOLETENESS

Top Choice for Would-Be Scribes

In this age of cell phones, text messages and computer keyboards, an Edinburgh, Scotland, school has returned to basics. It's teaching youngsters the neglected art of writing with a fountain pen. There is no clacking of keyboards in most classrooms at the Mary Erskine and Stewart's Melville Junior School. The school's principal believes the old-fashioned pens have helped boost the academic performance and self-esteem of his 1,200 pupils. "The pens improve the quality of work because they force the children to take care, and better work improves self-esteem," principal Bryan Lewis said. "Proper handwriting is as relevant today as it ever has been." (AP)

DECORATIONS

Hmm. It Needs A Plastic Grinch

Jason Lee of Byron, Mich., insists he's not declaring war on Christmas, despite what the multicolored lights on his front lawn spell out. His holiday decorations spell out the phrase "Bah-hum-bug." Lee started displaying the sour sentiment, made famous by Ebenezer Scrooge in Charles Dickens' "A Christmas Carol," in mid-November. Next-door neighbor John Stryker called the use of the Christmas catchphrase odd. "They're a real nice family," said Sandy Yocum, another neighbor. "I don't think they're Scrooges at all." Town clerk Joel Hondor said he's not sure he "gets it." (AP)

SAM PANTHAKY/AFP/GETTY IMAGES

WORDS PER MINUTE

Homo Secretarius

Ladies and gentlemen, we are at the tail end of our current form of humanity. Using a keyboard has become essential to our species, and now we're adapting to that environmental pressure. As evidence, consider this boy in Nadidad, India. He was born earlier this month with a total of 25 fingers and toes. Lakshya was born with six fingers on each hand, six toes on the right foot and seven on the left foot. How are we supposed to compete with that typing ability? (EXPRESS)

That sound you hear is the ticking of all Scottish squirrels' biological clocks.

SQUIRRELS

Precious Acorn Resources Strained

Scotland has approved funding to develop contraceptives for the gray squirrel population, the Scotsman reported. Research into immunocontraception for the squirrels will determine whether it would safely and effectively stop the 5-percent-per-year expansion of the species — which has coincided with the decline of the red squirrel population. The Forestry Commission has begun experimenting with a "fertility control agent." (EXPRESS)

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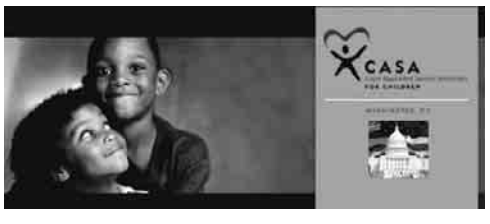

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Shane Salter, Chief Executive Officer

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DINO FIND: The bones of a baby plesiosaur have been recovered from an Antarctic island, scientists said Monday. The skeleton, one of the most complete of its type ever found, will go on display Wednesday at the South Dakota School of Mines and Technology.

Nation

In Brief

ENGLEWOOD, COLO.

Second Evangelical Pastor Quits Amid Gay Sex Scandal

The founding pastor of a second Colorado church has resigned over gay sex allegations, just weeks after the evangelical community was shaken by the scandal surrounding megachurch leader Ted Haggard. On Sunday, Paul Barnes, founding pastor of the 2,100-member Grace Chapel in this Denver suburb, told his evangelical congregation in a videotaped message he had had sexual relations with other men and was stepping down. (AP)

NEW YORK

Activist Cindy Sheehan Convicted of Trespassing

Cindy Sheehan, who emerged as one of the most vocal opponents of the Iraq war after her son was killed, was convicted Monday of trespassing for trying to deliver an anti-Iraq war petition to the U.S. Mission to the United Nations. Sheehan and three other women were acquitted of disorderly conduct, resisting arrest and obstructing government administration. They will not face punishment as long as they stay out of trouble for the next six months. (AP)

Access to Treatments

➜ The FDA on Monday unveiled a proposal designed to give thousands of seriously ill patients easier to access to experimental treatments. | Today, A Section

IN The Washington Post

Bush Seeking a New Course in Iraq

President reviews war options with advisers ahead of major speech

WASHINGTON | President Bush, eager to show he can take advice on Iraq, embarked on a round of public outreach Monday and promised Americans the unpopular war eventually would make their lives safer.

Preparing for a major speech on the war's future, Bush took the short trip to the State Department to review options with advisers there, then hosted a handful of experts on Iraq policy in the Oval Office.

"Like most Americans, this administration wants to succeed in Iraq because we understand success in Iraq would help protect the United States in the long run," Bush said after his State Department briefing.

PABLO MARTINEZ MONSIVAIS/AP

President Bush, accompanied by Secretary of State Condoleezza Rice, speaks to the media following a meeting at the State Department in Washington on Monday.

The White House remained tight-lipped about how Bush is likely to change strategy, saying the president is awaiting reports from his national security team before announcing a plan to the nation. That is expected to happen before Christmas.

The president said his aim is to coordinate advice from his diplomatic and military advisers "so that when I do speak to the American people, they will know that I've listened to all aspects of government."

Indeed, the administration's "new way forward" includes a visible attempt to show an openness to ideas.

On Tuesday, Bush will meet via video conference with senior military commanders, then talk with Iraqi Vice President Tariq al-Hashemi in the Oval Office. On Wednesday, he will confer with senior defense officials at the Pentagon.

Since the election, lawmakers of both parties have been to the White House to discuss the war with Bush. White House spokesman Tony Snow said he saw no "gigantic difference" in the pace of public strategy sessions on the president's schedule. But he added that Bush's travels to the State Department and the Pentagon sent a message. BEN FELLER (AP)

Gore Chases Oscar, Possible '08 Bid

NEW YORK | Al Gore is waging a fierce campaign for recognition and an Oscar statuette for his global warming documentary, while reviving talk that he's pursuing a bigger prize: the presidency.

His recent itinerary has been the ultimate in high-profile. The former vice president made self-deprecating jokes on "The Tonight Show With Jay Leno," offered ideas on preserving the environment to Oprah Winfrey and her daytime audience and parried questions on Iraq from Matt Lauer on the "Today" show.

VINCENT YU/AP

Al Gore's documentary is on a short list of films considered for Oscar nods.

This Saturday, Gore is hosting a network of 1,600 house parties across the country to watch and discuss his documentary, "An Inconvenient Truth," with the Democrat planning to address the gatherings by satellite hookup. The movie is on the short list of feature-length documentaries being considered for Oscar nominations.

Crisscrossing the country to promote the DVD version of the movie — just in time for holiday gift-giving — Gore insists he's not planning a return to politics.

"I am not planning to run for president again," Gore said last week, arguing that his focus is raising public awareness about global warming and its dire effects. Then, he added: "I haven't completely ruled it out."

Those words make Gore the 800-pound non-candidate of the Democratic field. The possibility of another presidential bid delights many Democrats still steamed over the disputed 2000 election. BETH FOUGHY (AP)

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Nation

5 **Total number of terms** Chicago Mayor Richard M. Daley has served. Daley said Monday he will run for a sixth term, a move that could put him in office longer than his legendary father, who served for 21 years.

Kucinich Plans 2008 Bid

Rep. to make a second run for the presidency on anti-war platform

CLEVELAND | Democratic Rep. Dennis Kucinich, who unsuccessfully ran for president in 2004, said Monday he is planning another bid because his party isn't pushing hard enough to end the Iraq war.

In a statement, Kucinich said he plans to formally announce his candidacy on Tuesday at Cleveland's City Hall, where he served as mayor of his hometown in the 1970s.

The liberal, anti-war Ohio congressman said he was inspired to run because he disagrees with the way some of his fellow Democrats are handling the war, including approval of a proposal to spend $160 billion more on the conflict.

ALEX WONG/GETTY IMAGES

Dennis Kucinich says Democrats have moved too far away from liberal ideals.

"Democrats were swept into power on Nov. 7 because of widespread voter discontent with the war in Iraq," said Kucinich, 60. "Instead of heeding those concerns and responding with a strong and immediate change in policies and direction, the Democratic congressional leadership seems inclined to continue funding the perpetuation of the war."

The anti-war message was also the cornerstone of Kucinich's 2004 bids. His previous presidential proposals also have included a national peace department and a single-payer, universal health care system.

In 2004, Kucinich posted single digits in most primary elections, including his home state of Ohio, yet stayed in the race.

He won re-election to his House seat in 2006 with 66 percent of the vote. He based his campaign on job creation and criticizing rising gas prices. He also was an outspoken critic of his own party, saying Democrats have lost their soul by moving away from liberal ideals.

CONNIE MABIN (AP)

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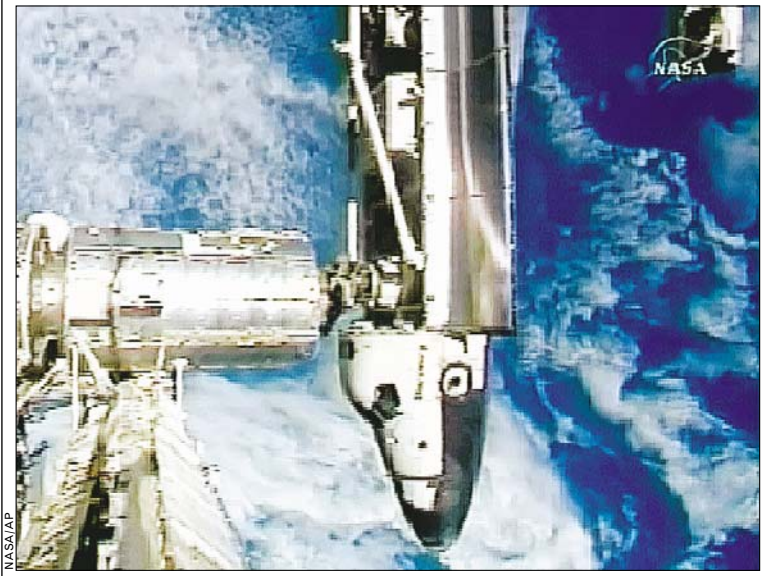
Nation



NASA/AP

Space shuttle Discovery docks with the international space station on Monday. Six of the NASA crew will stay for a week to continue construction on the orbiter.

Shuttle Discovery Arrives at Station

NASA craft docks with international orbiter for construction on lab

CAPE CANAVERAL, FLA. | After a two-day journey, space shuttle Discovery reached the international space station Monday for a weeklong stay to continue construction on the orbiting lab and rotate out a crew member.

Discovery commander Mark Polansky closed in on the station, flying 220 miles above Southeast Asia. About an hour before docking, Discovery did a backflip so the station crew could inspect its belly for signs of damage.

Six of Discovery's seven astronauts planned to spend a week at the space station. The seventh astronaut, Sunita "Suni" Williams, will live there for six months, replacing German astronaut Thomas Reiter of the European Space Agency.

The space agency has been especially alert to damage to the shuttle's heat shield since the Columbia tragedy in 2003. A piece of foam broke off Columbia's external fuel tank during liftoff and gashed a wing, allowing hot gases to penetrate the spacecraft during its return to Earth. All seven astronauts died.

NASA on Sunday said the shuttle's heat shield appeared to be fine, but it will be a few days before engineers can rule out any damage from Saturday's liftoff, the first nighttime shuttle launch in four years.

As the space station came into view of Discovery, Williams told Mission Control: "It's beautiful."

Mission Control responded: "I don't know what kind of creature comforts you're going to have, but you're going to have a room with a view." MIKE SCHNIEDER (AP)

World's Oldest Person Dies at 116

MEMPHIS, TENN. | Elizabeth "Lizzie" Bolden, recognized as the world's oldest person, died Monday in a nursing home, an administrator from the nursing home said. She was 116.

Bolden was born Aug. 15, 1890, according to the Gerontology Research Group, a Los Angeles organization that tracks the ages of the world's oldest people.

Guinness World Records recognized Bolden as the oldest person in the world in August after the death of Maria Esther de Capovilla of Ecuador, who also was 116. (AP)

DIGITAL AGE: The Netherlands ended transmission of "free to air" analog television Monday, becoming the first nation to switch completely to digital signals. Few Dutch consumers noticed, because the overwhelming majority get TV via cable.

World

In Brief

SYDNEY, AUSTRALIA

Citizenship Test Would Quiz English, History Knowledge

Migrants who want to become Australian citizens will have to take English exams and prove their knowledge of local history and customs under new guidelines introduced Monday by Prime Minister John Howard. Would-be citizens and permanent residents will also have to sign a statement saying they understand commonly held Australian values, such as respect for the law, religious and individual freedoms, and the equal rights of men and women. (AP)

ALESSANDRA TARANTINO/AP

Cardinal Andrea Cordero Lanza di Montezemolo shows off the sarcophagus.

VATICAN CITY

Newly Unearthed Coffin May Be Tomb of St. Paul

A white marble sarcophagus believed to be the final resting place of St. Paul has been unearthed from beneath the altar of Rome's second-largest basilica after centuries hidden from view, but those curious about its contents will have to wait still longer. Vatican experts, announcing Monday that the coffin had been unearthed, said they hoped to be able to examine it more closely and maybe even look inside. (AP)

ANKARA, TURKEY

Boiler Explosion Kills 6

A boiler explosion Monday knocked down part of a five-story building housing military families in southeastern Turkey's largest city, killing at least six people, authorities said. Rescuers were still trying to reach two people believed to be trapped under the rubble. Among the dead were four children, including a newborn, local officials said. Gen. Ilker Basbug said the search for the trapped would "continue throughout the night." (AP)

Killing of Children Roils Gaza Strip

Shooting of Palestinian officer's sons raises fear of Hamas-Fatah war

GAZA CITY, GAZA STRIP | Gunmen killed the three young sons of a Palestinian security officer targeted twice before for assassination by Hamas, riddling the car taking them to school with more than 60 bullets — and raising the specter of open war between Fatah and the Islamic group.

Intelligence officials accused the ruling Hamas Party of being behind the drive-by shooting, unprecedented in its brutality even for violence-wracked Gaza. The officer had helped crack down on Hamas a decade ago and was twice before targeted by assassins, but was not in the car with his children Monday morning.

At the funeral, mourners held aloft the small bodies of the boys wrapped in white burial shrouds. "I have no words. Words stop at the extent of this crime," said the bereaved father, Baha Balousheh. "I am a father who has lost his children."

ABID KATIB/GETTY IMAGES

'NO WORDS': Palestinians carry the bodies of the three children slain in the shooting at their funeral Monday in Gaza. "I have no words," Baha Balousheh, the father, said.

Hamas denied involvement, denounced the shooting and promised a speedy investigation.

The attack came at a time of growing tensions between Hamas and the Fatah movement of moderate Palestinian President Mahmoud Abbas. The president threatened to call early elections following the collapse of talks on a Hamas-Fatah coalition, drawing angry accusations from Hamas that he was plotting a coup.

Fatah legislators demanded Monday that Abbas dismiss the Hamas-led government. Amid wall-to-wall condemnation of the shooting, the top Muslim cleric in Gaza called for the death penalty for the assailants.

The Balousheh children — 3-year-old Salam, 6-year-old Ahmed and 9-year-old Osama — were in the family car on their way to school when gunmen fired on them from two vehicles. The three children were killed along with their driver. Doctors said one of the boys was hit in the head by 10 bullets.

The car had tinted windows, blocking passengers from view. Security officials said it was possible the assailants believed Balousheh was inside and intended to kill him.

IBRAHIM BARZAK (AP)

Ex-Spy's Contact Interrogated in Moscow Hospital

MOSCOW | A key witness in the poisoning death of former Russian security agent Alexander Litvinenko was questioned Monday by British investigators in the Moscow hospital where he was undergoing radiation checks, Russian news reports said.

Lugovoi

German authorities, meanwhile, found traces of polonium-210, the rare radioactive substance that killed Litvinenko, in locations another Russian contact visited before a Nov. 1 meeting with Litvinenko.

Andrei Lugovoi, who met with Litvinenko in London on Nov. 1, the day of the suspected poisoning, spoke to investigators, telling the ITAR-Tass and Interfax news agencies that the questioning lasted three hours. (AP)

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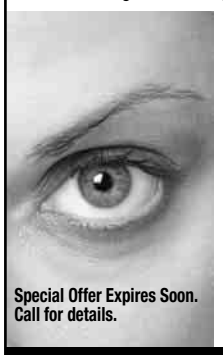

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World

ATTA KENARE/AFP/GETTY IMAGES

Members of Neturei Karta (Orthodox Jews United Against Zionism) attend the opening ceremony of a conference questioning the Holocaust in Tehran Monday.

Iran Conference Doubts Holocaust

Former KKK leader Duke among the 67 examining genocide

TEHRAN, IRAN | Iran hosted Holocaust deniers from around the world Monday at a conference examining whether the Nazi genocide took place, a meeting Israel's prime minister condemned as a "sick phenomenon."

The 67 participants from 30 countries included former Ku Klux Klan leader David Duke and Holocaust skeptics who have been prosecuted in Europe for questioning whether 6 million Jews were killed by the Nazis or whether gas chambers were ever used.

President Mahmoud Ahmadinejad initiated the two-day conference in an apparent attempt to burnish his status as a tough opponent of Israel. The hard-line president has described the Holocaust as a "myth" and called for Israel to be wiped off the map.

Organizers and participants touted the conference as a scholarly gathering aimed at discussing the Holocaust away from Western taboos and the restrictions imposed on scholars in Europe.

Duke praised Ahmadinejad for his "courage" in holding a conference "to offer free speech for the world's most repressed idea: Holocaust revisionism."

The gathering brought quick condemnation from Israel and Germany. Israeli Prime Minister Ehud Olmert called on the world to protest, terming the conference "a sick phenomenon." NASSER KARIMI (AP)

Tough Landing Injures 18 in Iraq

BAGHDAD, IRAQ | A Marine helicopter made a hard landing Monday in a remote desert area of Anbar province, injuring 18 people, the third American aircraft to go down in the insurgent stronghold in two weeks.

The military also announced that three American soldiers were killed by a roadside bomb north of the capital, putting December on track to be one of the deadliest months of the war.

The CH-53E Super Stallion, the U.S. military's largest helicopter, was conducting a routine passenger and cargo flight with about 21 people on board when it went down about noon, the U.S. command said, adding that hostile fire did not appear to be the cause of the problem.

Eighteen people were injured, including nine who were treated and returned to duty, it said. (AP)

1st PLACE

IT'S ACADEMIC: On Monday, Maryland gave its top academic recognition to Heather Hills Elementary in Prince George's County and Winston Churchill High in Montgomery County, two of six schools that received the blue-ribbon awards.

Local

County Exec: Raise Gas Tax

Montgomery leader Leggett says funds are needed for Md. transit

WASHINGTON | Montgomery County, Md., Executive Isiah Leggett on Monday called for an increase in the state's gas tax to help fund road and mass transit projects , which he said would not be possible without a sustained way to pay for them.

The suggestion by the leader of the state's largest jurisdiction to raise the 23.5-cent statewide tax was met with got a tepid response from Gov.-elect Martin O'Malley, who sized it up as an "interesting proposal," and Senate President Thomas V. "Mike" Miller, who said it could be a tough sell in the General Assembly.

Leggett's also told the Committee for Montgomery, a group of community leaders, that he supported county Council President Marilyn Praisner's initiative, announced last week, to put dozens of large new developments on hold until the county revisits its approach to managing growth.

Leggett said he would convert often-vague campaign rhetoric into specific policies. ANN E. MARIMOW (THE WASHINGTON POST)

IN The Washington Post | ANTI-CARJACKING TOOLS

TWP

TAKING THE 'BAIT': A suspect is videotaped breaking into an Arlington, Va., police "bait car," a vehicle equipped with cameras and remote locks to trap thieves. The county board authorized at its weekly meeting Saturday the first private donation of an SUV for the bait-car effort. ✣ **Trapper keeper:** The county takes steps to expand the successful program. **Today, Metro**

It's a Girl for Va. Sen.-Elect Webb

FAIRFAX, VA. | A month after celebrating his election to the U.S. Senate, Jim Webb and his wife, Hong Le, welcomed a daughter Monday.

Georgia LeAnh was born at 12:51 a.m. at Inova Fairfax Hospital, Webb's office said, adding that both mother and daughter were well. The newborn weighed 7 pounds, 3 ounces and measured 21.5 inches long.

The child's name is derived from a combination of Webb's maternal grandmother, Georgia Doyle Hodges, and Hong's Vietnamese family name, Le, and a common Vietnamese middle name, Anh. (AP)

D.C. Inmate Case Heading to Trial

Prisoner group alleges guards made trip to Ohio a 'ride from hell'

WASHINGTON | A class-action lawsuit accusing prison guards of injuring prisoners with handcuffs that were too tight and denying them food, water and access to toilets on a trip from Ohio to Virginia can go to trial, a federal judge ruled Monday.

The civil suit claims the prisoners' constitutional rights were violated during the transfer, a trip the plaintiffs described as "a ride from hell."

The prisoners claim that during two long bus trips in February and March of 1999, guards tightened the prisoners' handcuffs too tightly, cutting into their wrists. Some of the prisoners also were restrained with chains around their waists and shackles at their ankles. About 135 prisoners are part of the class, according to city lawyers.

The complaint alleges some of the inmates suffered serious injuries that required ongoing medical attention.

Lawyers for the District had asked the judge to dismiss the case, arguing the claim wasn't valid as a violation of the Eighth Amendment's ban on cruel and unusual punishment. BRETT ZONGKER (AP)

Canada Geese Are Staying in Fairfax

FAIRFAX, VA. | With its abundant ponds and lakes, the county is feeling like home for Canada geese. But the geese create a lot of waste, and that's been creating a lot of problems.

The rise of home developments that include ponds or other water features and the lack of hunting have allowed geese to set up a permanent habitat in the county and abandon their migratory ways, said Charles Smith, natural resource specialist with the county Park Authority.

"These geese found everything they needed and didn't have to migrate," he said.

A county environmental report issued this month said the Canada goose population is increasing 15 percent each year. (AP)

School Official Accused of Cover-Up

UPPER MARLBORO, MD. | Court documents unsealed Monday detail carefully orchestrated plans by the former head of county schools to reap roughly $150,000 in kickbacks by steering school money to companies he had ties to.

The search warrant affidavit filed in U.S. District Court also claims Andre J. Hornsby took great pains to conceal his schemes, erasing computer and e-mail records, checking for possible phone taps, and trying to shake what he correctly suspected were FBI agents following him.

Hornsby was indicted in August and pleaded not guilty to charges of mail fraud, wire fraud, witness and evidence tampering, and obstruction of justice. His attorney, Robert Bonsib, said Monday he expected "this matter to go to court." (AP)

The Lotteries

Monday, December 11

DISTRICT

Mid-day Lucky Numbers	7-0-6
Evening Lucky Numbers	7-3-4
Mid-day DC 4	1-8-3-2
Evening DC 4	0-9-4-8
Rolling Cash Five	2-19-9-28-16
Daily 6	19-23-20-24-16-1 (26)

MARYLAND

Mid-day Pick 3	0-4-9
Evening Pick 3	6-0-0
Mid-day Pick 4	7-7-2-0
Evening Pick 4	5-0-8-0
Match 5	8-21-24-29-31 (10)

VIRGINIA

Mid-day Pick 3	6-1-1
Mid-day Pick 4	6-0-0-5
Mid-day Cash 5	4-5-7-19-26

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Money

23 | **The percentage of** U.S. employers that plan to hire more people in the first quarter of next year, a level of growth on par with the same period last year but lower than more recent quarters, according to a survey of 1,400 companies.

Stores Set Sights On Late Shoppers

Holiday online sales up from last year as malls remain nervous

NEW YORK | Online and traditional retailers are taking aim at the bane of their holiday sales — procrastinators. Retailers have a plan for them: Lure shoppers early in the season with discounts, free shipping and expanded hours. For online shops, it seems to be working so far.

Still, to increase the likelihood of a robust season, online retailers stepped up the discounts and other come-ons on Monday before the deadline later this week for most offers of free shipping of holiday gifts. But traditional store owners remained a bit anxious as shoppers appeared to be delaying their purchases even more than last year, despite upbeat anecdotal evidence over the past weekend.

"We will definitely see a lot of sales as online retailers want to entice shoppers," said Heather Dougherty, senior analyst at Nielsen/NetRatings Inc. She noted that for online shoppers, "unless you are a super procrastinator," it has to happen this week and early next week.

Eddiebauer.com is offering 50 percent off last-minute gift items and a two days of free shipping through Tuesday. Walmart.com will release 4,000 hard-to-find Fisher-Price T.M.X dolls over a four-day period starting Tuesday on a first-come, first-served basis. Walmart.com said it will sell one Elmo per order.

Many traditional stores, meanwhile, are tying their online offers with those of their physical stores. Gap Inc. is offering up to 50 percent discounts on selected styles on its Web site and in its stores.

Late Sunday, comScore reported that total online spending from Nov. 1 through Dec. 8 reached $15.58 billion, up 25 percent compared with the year-ago period. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Amrep	118.23	+15.22	+14.8
CtlAir B	45.42	+3.44	+8.2
SabreHold	30.43	+2.11	+7.5
Cryolife	7.12	+.48	+7.2
Culp Inc h	4.93	+.29	+6.3

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
HubbelB	46.00	-6.71	-12.7
HubbelA	44.15	-5.86	-11.7
IntPoly	4.39	-.31	-6.6
ArenaRes	44.31	-3.09	-6.5
ThmBet	49.98	-2.84	-5.4

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
HayesLm	3.50	+1.01	+40.6
EFJ Inc	6.80	+1.33	+24.3
SupVsn	2.60	+.47	+22.1
GoAmer	9.02	+1.43	+18.8
Iomai n	5.00		...

Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Nuvelo	4.05	-15.50	-79.3
NeoPharm	2.16	-4.56	-67.9
NatAtlH	11.54	-1.96	-14.5
NHltCrd	10.47	-1.27	-10.8
Lifeway s	9.73	-1.02	-9.5

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.3125
3-month disc	4.80	4.90
2-year	4.67	4.52
10-year	4.52	4.44
30-year	4.63	4.55

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5105	.5122	.5700
Canadian Dollar	1.1481	1.1498	1.1572
European Euro	.7546	.7576	.8464
Japanese Yen	116.88	116.47	120.64
Mexican Peso	10.8422	10.8338	10.6270
Taiwanese Dollar	32.51	32.40	33.50

DOW	NASDAQ	S&P 500
+20.99	+5.50	+3.20
+0.17	+0.23	+0.23
12328.48	2442.86	1413.04

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	69.89	+.01	-11.4
Amylin	38.46	-.51	-3.7
BiogenIdc	51.34	+.67	+13.4
Celgene s	57.44	+1.63	+77.3
ChRvLab	43.02	-.01	+1.5
GenProbe	51.36	-.70	+5.3
Genentch	83.32	-.07	-9.9
Genzyme	62.12	-.12	-12.2
GileadSci	65.75	-.37	+25.1
Imclone	29.35	-.08	-14.3
Invitrogn	57.52	+.08	-13.7
MedImun	33.05	+.31	-5.6
MillPhar	11.46	+.04	+18.1
PDL Bio	22.48	+.11	-20.9
VertxPh	41.14	-2.09	+48.7

Feds Try to Curb Mortgage Delinquency

Mortgage delinquency and foreclosure rates are on the rise, and the impact could be greatest on low-income families that took out higher-interest loans for risky borrowers, some experts said Monday.

Treasury Secretary Henry Paulson said the government wants to issue guidelines to banks and savings and loans that will allow people to get home loans "without taking unnecessary risks."

"Expanding opportunities for more people to buy a home is a good thing. But we do not want Americans to become overextended and see their dream end in foreclosure," Paulson said at a conference on the housing market organized by the Office of Thrift Supervision, a Treasury Department agency.

Some experts are concerned that the increase in mortgage foreclosure rates could affect the banking system's financial health.

MARCY GORDON (AP)

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77 | **The weight, in pounds,** of the 850-page "United Opus," a history of Manchester United. Just 10,000 copies will be printed, and each will cost $5,870. "The Manchester United story is a unique story," said Charlton, who the book names as the team's greatest player.

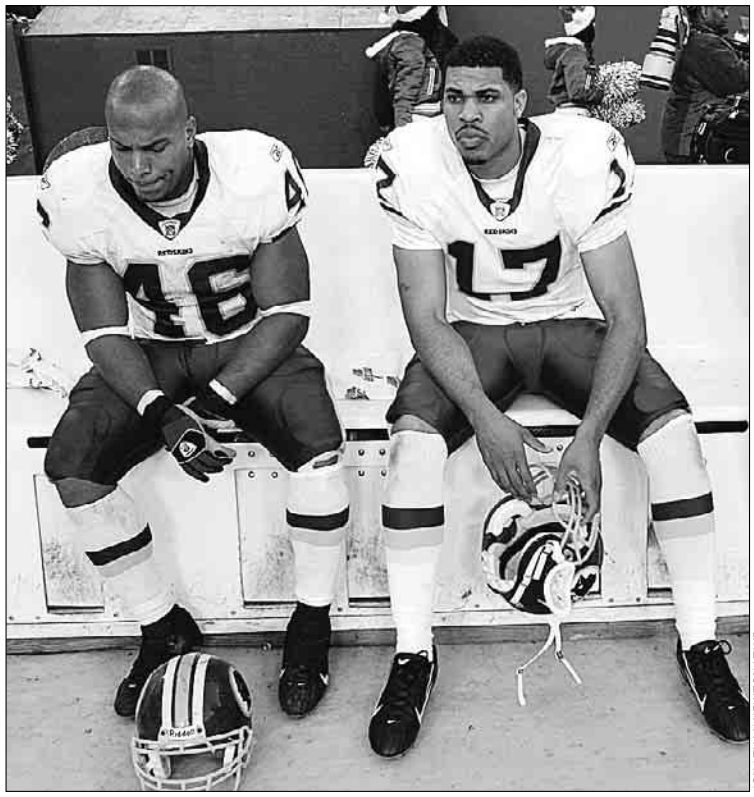
Redskins No Longer a Cocky Team

Smug squad came into this season with Super Bowl expectations

REDSKINS | Phillip Daniels is a stand-up guy, a team leader and 11-year veteran defensive lineman who speaks his mind and makes a lot of sense while doing so. On Monday, he sat calmly at his locker and subtly called out his teammates as he explained why the Washington Redskins, a team with high preseason expectations, are headed for a last-place finish.

"It ain't the success that's the problem," Daniels said. "It's how you handle it, and I don't think we handled it very well."

The Redskins have many problems, but the one that might have affected them the most this season is smugness. Coming off last year's playoff run, players and coaches had no trouble speaking openly about the Super Bowl. Coach Joe Gibbs held his shortest, lightest training camp ever. His assistants were so certain that their schemes would work that they didn't give them any sort of a dry run during the preseason.



JONATHAN NEWTON | TWP

Redskins running back Ladell Betts, left, and quarterback Jason Campbell sit on the bench immediately after the team's 21-19 loss to the Eagles on Sunday.

Then came the 0-2 start. The doubts crept in. The team never really recovered.

The Redskins (4-9) will finish with a losing record for the second time in Gibbs' three seasons since he emerged from retirement. He only had one losing season (7-9 in 1988) during his first 12-year stint with the team. He went 6-10 two years ago while relearning the ways of the NFL, but more was expected this year after last year's resurgence that included a 10-6 record and a playoff victory.

"You've got to come back and be confident, but don't be cocky, don't be overconfident," Daniels said. "I think a lot of guys saw we added people here and there, and they figured we can just roll our helmet on the field. It doesn't happen like that. You've got to work." JOSEPH WHITE (AP)

Air Force Makes Rare Showing in Top 25 Rankings

COLLEGE HOOPS | Air Force hopes its appearance in The Associated Press' Top 25 lasts longer than its previous one.

The Falcons — along with Notre Dame and Oregon — moved into the rankings Monday for the first time this season. The only other time Air Force made the rankings was in the poll of March 9, 2004. The Falcons were gone the next week after losing to Colorado State in the quarterfinals of the Mountain West tournament.

UCLA and Pittsburgh held the top two spots in the poll for the third straight week, and North Carolina stayed No. 3 from last week's voting. Ohio State moved up one spot to No. 4, while Florida and Duke, tied for seventh last week, were fifth and sixth, respectively.

Maryland (9-2) dropped out of the rankings from 23rd last week after losing 73-62 to Boston College on Sunday. JIM O'CONNELL (AP)

WeekendPass makes the weekend historic.

Every Thursday in Express.

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Sports

United Trades Adu To Real Salt Lake

17-year-old midfielder could leave for Europe beginning on June 2

JOEL RICHARDSON/TWP

Midfielder Freddy Adu, right, who's 17, was traded Monday to Real Salt Lake.

UNITED | Freddy Adu was traded Monday from D.C. United to Real Salt Lake, ending a sometimes tumultuous three-year run in Washington for the highly touted teenager who clashed with his coach and was often frustrated by his role.

The 17-year-old will move to a MLS city in need of a marketable star as it hopes to boost attendance and gain support for a new stadium. He will also get to be an attacking midfielder, a position he never played on a consistent basis with United.

Adu's time with Real could be short-lived. His stated goal is to play for a European club, and he becomes eligible to transfer to a club outside the United States once he turns 18 on June 2. He recently spent two weeks working out with Manchester United in England.

"It is never easy to part with players, especially one like Freddy," United coach Peter Nowak said. "Freddy desired to play a different role than the one we offered here at D.C., so we hope this move can aid that wish."

United also sent goalkeeper Nick Rimando to Real Salt Lake. In return, United will receive a major player allocation, the rights to goalkeeper Jay Nolly and future considerations.

Adu became the youngest player in MLS history when United chose him No. 1 overall in the 2004 draft. (AP)

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Sports

Swengali

REDSKINS | BY MATT SWENSON

New Gibbs 2.0 Is a Major Bust

FORGET THAT JOE GIBBS IS in the Hall of Fame.

It's easier that way. And in some ways, he isn't. Not this Joe Gibbs.

The Gibbs coaching this Redskins team deserves no place in immortality. This Gibbs mismanages critical game situations almost as often as he mismanages personnel moves.

Among the grievances: too many penalties, terrible two-minute drills, blown red zone opportunities and, last week, trying to call a timeout when the team was out of them.

Is it any wonder the Redskins have lost 10 games by three points or less since Gibbs returned three years ago? Norv Turner would be proud.

Simply put, there's no reason to think Gibbs can right this ship.

When he retired after the 1992 season, Gibbs was a great coach — the one we remember with three Super Bowl rings and only one losing record in 11 years.

We're already guaranteed losing season No. 2 under Gibbs 2.0. With a young quarterback leading a limping team to the finish, not much is different now from when Steve Spurrier mercifully resigned.

Back then, I was as excited as any Washingtonian that Gibbs was coming back. When the coach insisted a week ago that he'll return next season, the feeling couldn't have been more different.

> When he retired after the 1992 season, Gibbs was a great coach.

Gibbs' second coming is a grand experiment gone dreadfully wrong. Continuing with it is just living in denial.

Instead of having his bust in Canton, this Gibbs is just a bust.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

NBA Set to Return to Old Ball This Season

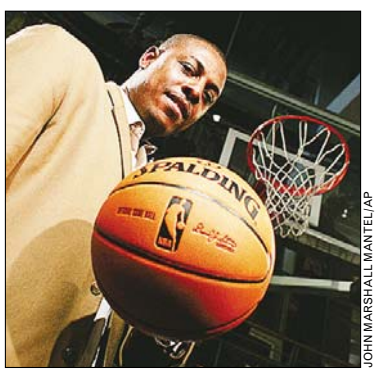
Due to complaints, the league will bring back leather ball on Jan. 1

BASKETBALL | The NBA will scrap its new microfiber composite ball and bring back the old leather one beginning Jan. 1, an official told The Associated Press on Monday.

The official spoke on condition of anonymity because the announcement of the switch was not due until at least Tuesday.

Players have complained about the new ball since training camp, saying that it bounced differently than the old one. They also said the synthetic material cut their hands.

NBA commissioner David Stern told the New York Times last week the league should have sought more input from players before introducing the new ball. He also said he would address the players' criticisms with Spalding, the manufacturer.



JOHN MARSHALL MANTEL/AP

Celtics guard Paul Pierce poses with the new ball before the season started.

The lack of player input about the new ball prompted one of the two unfair labor practice charges the union filed with the National Labor Relations Board on Dec. 1. (AP)

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"...flowery and romantic." – Jayne Blanchard, *Washington Times*

"...a charming holiday gift...warm hearted and beautifully appointed." – Susan Berlin, talkinbroadway.com

Photo of Clifton Guterman and Brynn O'Malley by Scott Suchman.

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music by Jerry Bock
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directed by Kyle Donnelly

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— **Sen. Barack Obama** during the taped "Monday Night Football" intro, making fun of the political hype that surrounds him.

Sports

ASIAN GAMES | HERE'S THE KICKER

RYAN PIERSE/GETTY IMAGES

HIGH-FLYING: China battles Thailand in a game of Sepaktakraw at the Asian Games in Qatar on Monday. The game is played like volleyball with a twist. Players try to bump, set and spike the ball without using their hands or arms.

Booth Could Start for Wiz

Injuries to centers Thomas and Haywood open doors to others

WIZARDS | Calvin Booth has played a grand total of 26 minutes for the Washington Wizards this season and hasn't started an NBA game since January. James Lang wasn't even on the active roster for Washington's first 13 games.

They've combined for 12 points and eight rebounds in 2006-07.

Now coach Eddie Jordan faces the possibility of having Booth and Lang carry the workload at center this week after a series of injuries to the other Wizards who play the position.

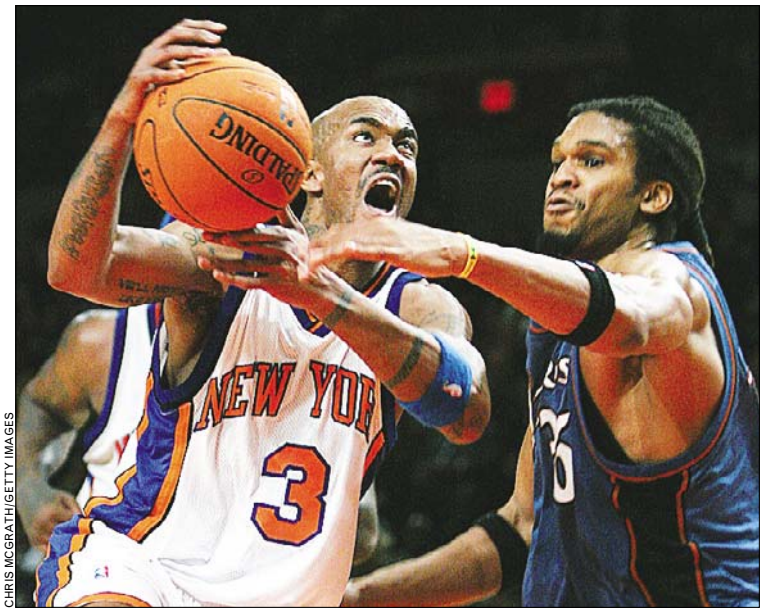
Starting center Etan Thomas (sprained left ankle) and top reserve Brendan Haywood (bruised left thigh) both missed practice Monday after getting hurt in the Wizards' (9-11) loss to the Houston Rockets on Saturday night.

Thomas was listed as doubtful for games Wednesday against Denver and Friday against Miami. Haywood was listed as day-to-day, though he didn't sound optimistic.

"Still got a lot of swelling in there, so hopefully it'll be gone by Wednesday. If it's gone, I'll play. If not, I'll have to sit it out," Haywood said.

If Haywood and Thomas are sidelined, Booth would start, Jordan said.

"This is my eighth year now, and I've never seen a year where a guy didn't get an opportunity if he was healthy," the 6-foot-11 Booth said. "So this is my chance, and I'll try to do something with it." (AP)



CHRIS MCGRATH/GETTY IMAGES

Etan Thomas, right, has started all 20 games for the Wizards this season, but he will most likely sit out this week due to a sprained ankle. Calvin Booth could get the start.

Erickson Will Coach the Sun Devils

COLLEGE FOOTBALL | Arizona State turned to a well-traveled coach Monday, introducing Dennis Erickson as the man to lead the Sun Devils' football program out of mediocrity.

"It's exciting for me to have an opportunity to come to Arizona State and compete for the BCS championship, to compete for the Pac-10," Erickson said.

The coach, who left his coaching job at Idaho this weekend, has a 149-64-1 record in 18 seasons. (AP)

Right-Handed OF Signed by Orioles

ORIOLES | Free agent Jay Payton agreed Monday to a $9.5 million, two-year contract with the Baltimore Orioles, who have spent much of the offseason searching for a right-handed hitting outfielder.

Payton, 34, batted .296 with 10 homers and 59 RBIs in 142 games with Oakland this year. He is expected to play mostly in left field, but he's capable of manning center and right. He will earn $4.5 million next year and $5 million in 2008.

"Jay fits our need for a right-handed hitting outfielder," said Mike Flanagan, the team executive vice president for baseball operations. "He hits for average against both lefties and righties, and his versatility is a real plus." (AP)

TODAY'S TV LINEUP

HOCKEY (7 P.M. ON VERSUS) On a night with limited TV viewing opportunities, the Buffalo Sabres playing at the New Jersey Devils is probably your best bet — or maybe your only bet.

HOCKEY (7 P.M. ON COMCAST) Or if you prefer to watch bad teams, the New York Rangers play at the Philadelphia Flyers.

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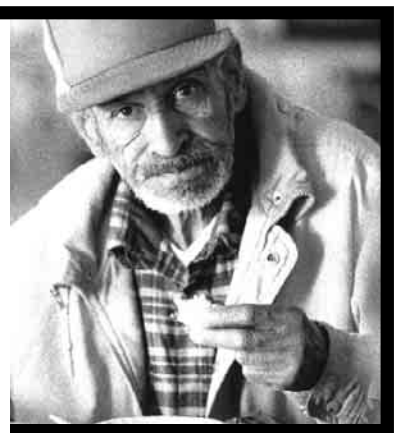

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HALL OF FAME BOWL: For the third year in a row, a Rock and Roll Hall of Fame act will headline the Super Bowl halftime entertainment. His Purpleness, Prince, will perform at the game, which will be broadcast by CBS on Feb. 4. (AP)

Entertainment

GIUSEPPE CACACE/GETTY IMAGES

WILL I AM: "The Pursuit of Happyness" is Will Smith's new movie, but the actor-writer-rapper has already found it for himself.

Fresh Pursuits

'Happyness' and more breeds success for the busy Will Smith

FILM | Will Smith might have started out as a rapper, but it would be wrong to underestimate the seriousness he devotes to his work as an actor. It's not just that he's a self-declared perfectionist; it also is that he approaches each part with a commitment and methodology that would put Konstantin Stanislavsky to shame.

You grew up a million miles removed from the world of show business. What drew you to it?
I was a child of that first wave of rap music — it was kind of moving out of the George Clinton-Funkadelic era and into hip-hop. And things just speak to you; it just connects to some aspect of your spirit. I settled into that world; the love for entertaining came from there.

But you didn't stay in music. Why not?
I had a huge success [the 1988 album "He's the DJ, I'm the Rapper" sold 3 million copies], and then I flopped an album and got a little antsy about paying the bills. People had been saying for a few years, "You should try acting." I never really took that seriously.

You take it very seriously now. People say you're a workaholic.
Oh, God, yes, an obsessive perfectionist. When I'm not working on acting in a film, I'm writing a script. I've written a few and directed a couple of shorts and created that stash for when I go into the Clint Eastwood phase of my career.

Is this the kind of work you aspired to do when you were starring in NBC's "The Fresh Prince of Bel-Air"?
For the most part, I've always been happy where I was [at the moment]. That was probably the job where I got to pay attention to the most aspects of storytelling and production. But I would have periods where I felt I needed to elevate and move forward.

Have you ever been afraid that you might end up like the character you play in your new film for Sony, "The Pursuit of Happyness," hitting rock bottom and in a homeless shelter?
I've definitely had a few difficult times financially, and there is absolutely a fear of that. [But] when I experienced those [difficult] situations, I was single with no children. When you bring a child into it — the weight that leaves on your heart and your mind has to feel like the ultimate failure. STEPHEN GALLOWAY (THE HOLLYWOOD REPORTER)

Still Evolving, With Mass Appeal

Incubus turns coal into diamonds on 'Light Grenades'

MUSIC | Incubus has grown into that rarest of modern rock bands — one that continues to challenge itself and evolve without sacrificing massive appeal.

The group's sixth studio outing, "Light Grenades," is loaded with stylish, driving rock and is easily Incubus' finest, most diverse and cohesive work to date.

Crafted over the course of a year — the band typically churns out records in a matter of months — each song has the feel of lengthy nurturing and fulfills the promise of previous hits like "Drive" and "Wish You Were Here."

Brandon Boyd's vocals are reflective and poetic. His smooth voice floats over the lighter tracks — "Earth to Bella Pts. 1 & 2," "Paper Shoes" — while he deftly powers the heavier songs — "Light Grenades," "Rogues."

Mike Einzinger turns in an amazing batch of guitar work, grabbing your attention without trying to do too much. Ben Kenney (bass) and Jose Pasillas (drums) provide loose, atmospheric rhythm, and DJ Chris Kilmore adds subtle electronic flourish.

On the versatile "Diamonds and Coal," you'll hear what may be the perfect line to sum up five guys who started out with a few rough edges and grew into true artists: "Give us time to shine, even diamonds start as coal." JOHN KOSIK (AP)

KEVIN WINTER/GETTY IMAGES

PRETTY BOYD: Brandon Boyd isn't just a good-looker — he's a good singer.

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT

VIRGIN RECORDS

WE ARE SCIENTISTS

1 Not Math Rock

We Are Scientists makes the sort of semi-catchy, politely edgy music that can be described simply but accurately as "indie rock" — even if the group is signed to the mega Virgin Records. The Brooklyn trio is known for its live shows, so you will be rocked in a manner to which you are accustomed.

→ *Black Cat, 1811 14th St. NW; 8 p.m., $15; 202-667-7960. (U St.-Cardozo)*

ART BUCHWALD

2 Hello, Again

Humorist Art Buchwald was given a terminal diagnosis in February, with a prognosis of fewer than three weeks to live. His stay in a hospice stretched into months — and he's still with us. In "Too Soon to Say Goodbye," Buchwald recounts his "dying days" from an odd perspective: as a survivor.

→ *Wesley United Methodist Church, 5312 Connecticut Ave. NW; 7 p.m., free; 202-364-1919.*

BODOG BATTLE OF THE BANDS

3 Music Gamble

The gambling site Bodog.com also runs the record label Bodog Music, which is sponsoring contests to find the best unsigned indie-rock band in the country. The winner will receive a $1 million contract.

→ *The State Theatre, 220 N. Washington St., Falls Church, Va.; 8:30 p.m., $10; 703-237-0300. (East Falls Church)*

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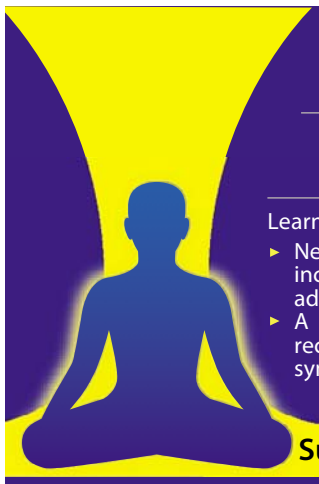

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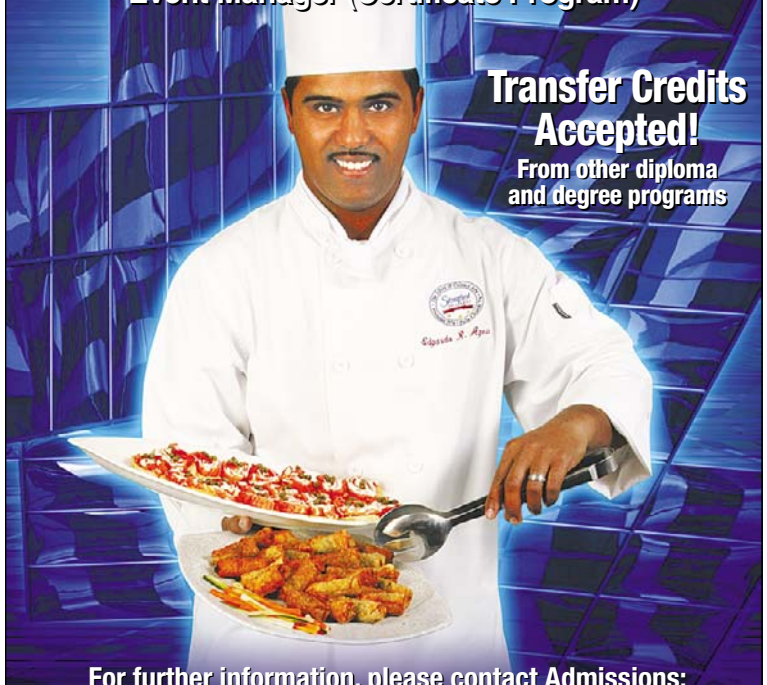

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THE HOLIDAY (PG13) ✓ 1:00, 3:00, 4:05, 6:30, 7:15, 9:35, 10:25
UNACCOMPANIED MINORS (PG) ✓ 1:25, 4:00, 6:35, 9:05
NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) 2:05, 4:35, 7:10, 9:45
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DECK THE HALLS (PG) 2:25, 5:00
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THE FOUNTAIN (PG13) 6:20, 9:00
CASINO ROYALE (PG13) 1:50, 3:20, 4:55, 6:45, 8:15, 9:55
CASINO ROYALE (PG13) [D] [CC] 1:50, 4:55, 8:15
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BORAT (R) 1:05, 3:15, 5:25, 7:50, 10:10
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THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 1:10, 3:40
THE DEPARTED (R) 2:10, 5:30, 8:40

AMC SELECT

THE NATIVITY STORY (PG) 1:10, 3:35, 6:15, 8:55
BOBBY (R) 7:20, 10:05
THE QUEEN (PG13) 1:15, 3:55, 6:25, 9:15

AMC SPRINGFIELD MALL 10
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APOCALYPTO (R) 1:40, 4:40, 8:10
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AMC SELECT

THE NATIVITY STORY (PG) 5:20, 8:00

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HAPPY FEET (PG) 3:00, 5:30, 8:00
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AMC SELECT

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BABEL (R) 4:00, 9:40
THE QUEEN (PG13) 3:05, 5:35, 8:10, 10:45

LOEWS LEXINGTON PARK 6
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DEJA VU (PG13) 5:15, 7:50
CASINO ROYALE (PG13) 4:30, 7:30
HAPPY FEET (PG) 5:30, 8:00

AMC SELECT

THE NATIVITY STORY (PG) 5:00, 7:10

AMC POTOMAC MILLS 18
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703-998-4262

APOCALYPTO (R) ✓ 1:15, 3:20, 4:15, 6:25, 7:15, 9:25, 10:20
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THE NATIVITY STORY (PG) 1:35, 4:00, 6:40, 9:10

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THE FOUNTAIN (PG13) 7:20, 9:35
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THE NATIVITY STORY (PG) 1:35, 3:55, 6:25, 8:40
BOBBY (R) 1:20, 6:15

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THE FOUNTAIN (PG13) 5:00
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FLUSHED AWAY (PG) 4:40, 7:30
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THE DEPARTED (R) [CC] 4:00, 7:00

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BABEL (R) 4:20, 7:10
MARIE ANTOINETTE (PG13) 4:50
MARIE ANTOINETTE (PG13) [CC] 4:50
THE QUEEN (PG13) 4:30, 6:50

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BLOOD DIAMOND (R) 1:00, 4:05, 7:10, 10:20
THE HOLIDAY (PG13) 1:30, 4:30, 7:30, 10:25
UNACCOMPANIED MINORS (PG) 12:25, 2:45, 5:25, 7:45, 10:10
NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) 12:10, 3:00, 9:45
TURISTAS (R) 8:00, 10:15
DECK THE HALLS (PG) 12:20, 2:50, 5:15, 7:50, 10:20
DEJA VU (PG13) 1:30, 4:15, 6:30, 7:15, 9:30, 10:15
CASINO ROYALE (PG13) 12:00, 3:20, 6:20, 9:25
HAPPY FEET (PG) 12:45, 3:15, 6:20, 9:10
FLUSHED AWAY (PG) 12:40, 3:00, 5:20
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 12:10, 2:30, 4:50, 7:10

AMC SELECT

THE NATIVITY STORY (PG) 12:35, 3:05, 5:35, 8:05, 10:25

LOEWS DUPONT 5
1350 19th St.
1-800-FANDANGO #711

AMC SELECT

THE HISTORY BOYS (R) 4:20, 4:50, 7:00, 7:40
FAST FOOD NATION (R) 4:30
BABEL (R) 4:00, 7:15
COPYING BEETHOVEN (PG13) 7:20
LITTLE MISS SUNSHINE (R) 5:10, 7:50

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

AMC SELECT

BOBBY (R) 2:00, 5:00, 8:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

APOCALYPTO (R) ✓ 12:40, 2:15, 3:45, 5:15, 7:00, 8:30, 10:05
BLOOD DIAMOND (R) ✓ 1:10, 4:20, 7:35, 10:40
THE HOLIDAY (PG13) ✓ 12:50, 2:30, 4:00, 5:30, 7:05, 8:45, 10:20
UNACCOMPANIED MINORS (PG) ✓ 1:15, 3:25, 5:40, 7:55, 10:10
NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) 5:55, 8:25, 10:45
TURISTAS (R) 12:40, 2:55, 5:10, 7:45, 10:00
DECK THE HALLS (PG) 12:45, 3:05, 5:20, 7:40, 9:55
DEJA VU (PG13) 1:30, 4:30, 7:25, 10:15
CASINO ROYALE (PG13) 12:55, 2:25, 4:10, 5:35, 7:20, 8:50, 10:30
HAPPY FEET (PG) 1:00, 2:10, 3:30, 4:40, 7:10, 9:45
HAPPY FEET (PG) [D] [CC] 2:10, 4:40, 7:10, 9:45
STRANGER THAN FICTION (PG13) 1:35, 4:15, 7:15, 9:50
BORAT (R) 1:05, 3:10, 5:25, 7:30, 9:40

AMC SELECT

THE NATIVITY STORY (PG) 1:00, 3:20, 5:45, 8:10, 10:35

AMC RIVERTOWNE 12
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

APOCALYPTO (R) ✓ 4:25, 7:30
BLOOD DIAMOND (R) ✓ 4:15, 7:20
UNACCOMPANIED MINORS (PG) ✓ 4:30, 7:00
NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) 7:25
TURISTAS (R) 5:30, 7:45
DECK THE HALLS (PG) 5:00, 7:40
DEJA VU (PG13) 4:35, 7:35
CASINO ROYALE (PG13) 4:20, 7:20
HAPPY FEET (PG) 4:45, 7:15
FLUSHED AWAY (PG) 4:50
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 4:40, 7:05
SAW III (R) 5:00, 7:20

AMC SELECT

THE NATIVITY STORY (PG) 5:10, 7:30

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) 7:20
TURISTAS (R) 4:50, 9:40
DEJA VU (PG13) 4:00, 7:00, 9:55
THE FOUNTAIN (PG13) 5:00, 7:25, 9:50
STRANGER THAN FICTION (PG13) 4:30, 7:10, 9:45

AMC SELECT

THE NATIVITY STORY (PG) 4:45, 7:15, 9:30
BOBBY (R) 4:15, 7:05, 9:50
FOR YOUR CONSIDERATION (PG13) 5:30, 7:35, 9:35
MARIE ANTOINETTE (PG13) 4:05, 6:55, 9:40

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

THE FOUNTAIN (PG13) 4:10, 7:10, 9:30

AMC SELECT

THE LAST KING OF SCOTLAND (R) 4:20, 7:00, 9:40
BABEL (R) 5:00, 8:00
COPYING BEETHOVEN (PG13) 4:40, 7:40, 9:50
SHUT UP & SING (R) 4:30, 7:30, 9:50
THE QUEEN (PG13) 3:50, 7:00, 9:10
LITTLE MISS SUNSHINE (R) 4:50, 7:20, 9:20

AMC COUNTRY CLUB MALL 6
Country Club Mall on Vocke Rd near Route 68.
301-729-6633

APOCALYPTO (R) ✓ 5:10, 8:00
UNACCOMPANIED MINORS (PG) ✓ 5:40, 7:45
NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) 8:15
TURISTAS (R) 5:20
DECK THE HALLS (PG) 5:20, 7:45
DECK THE HALLS (PG) [D] [CC] 5:20, 7:45
CASINO ROYALE (PG13) 5:00, 8:00
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 5:30, 8:15

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

APOCALYPTO (R) 2:00, 4:40, 7:25
BLOOD DIAMOND (R) 3:00, 7:00
THE HOLIDAY (PG13) 2:05, 4:45, 7:25
CASINO ROYALE (PG13) 3:10, 7:15
HAPPY FEET (PG) 2:00, 4:30, 7:15

✓-SPECIAL ENGAGEMENT No passes or discount coupons [CC] - Closed Captioning · [D] - Descriptive Video Service

Times for Tuesday, December 12, 2006

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Patricia Julien-Williams CNP
Clinical Research Coordinator
Medstar Diabetes Institute @ Washington Hospital Center
Phone: **202-877-2384** • e-mail: patricia.julien-williams@medstar.net

REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14
701 Seventh St NW — 800-FANDANGO 1721#

Adv. Tix on Sale NIGHT AT THE MUSEUM (PG) ★
Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
UNACCOMPANIED MINORS (PG) DIG (1210 230) 500 730 955
BLOOD DIAMOND (R) - ID REQ'D DIG (1220) 315 350 630 715 945 1025
THE HOLIDAY (PG-13) DIG (1200 1240) 320 400 620 710 930 1015
APOCALYPTO (R) - ID REQ'D DIG (1225) 345 720 1025
VAN WILDER: RISE OF TAJ (R) - ID REQ'D DIG 440 1035
TURISTAS (R) - ID REQ'D DIG (1245) 325 545 810 1040
THE NATIVITY STORY (PG) DIG (1210 245) 510 735 1000
BOBBY (R) - ID REQ'D DIG (130) 745
DEJA VU (PG-13) DIG (1250 100) 410 725 1030
OC & DA: CASINO ROYALE (PG-13) DIG 350 1005
CASINO ROYALE (PG-13) DIG (1230) 700
HAPPY FEET (PG) DIG (1205 240) 515 750 1030
STRANGER THAN FICTION (PG-13) DIG 415 705 950
BORAT (R) - ID REQ'D DIG (1220 250) 525 800 1010
DEPARTED (R) - ID REQ'D DIG (1205)

BALLSTON COMMON STADIUM 12
Glebe Rd, Arlington — 800-FANDANGO 377#

Adv. Tix on Sale ERAGON (PG) ★
UNACCOMPANIED MINORS (PG) DIG (245 505) 725 950
THE HOLIDAY (PG-13) DIG (110 350 420) 700 730 1010
APOCALYPTO (R) - ID REQ'D DIG (120 400 430) 710 740 1020
BLOOD DIAMOND (R) - ID REQ'D DIG (100 340 410) 650 720 1000 1030
CASINO ROYALE (PG-13) DIG (105 425) 735
HAPPY FEET (PG) DIG (125 405) 705 945
BORAT (R) - ID REQ'D DIG (235 500) 715 930
THE QUEEN (PG-13) DIG (115 355) 630 905
DEPARTED (R) - ID REQ'D DIG (315) 640 1005

BOWIE STADIUM 14
15200 Major Lansdale Blvd — 800-FANDANGO 454#

Adv. Tix on Sale NIGHT AT THE MUSEUM (PG) ★
Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
UNACCOMPANIED MINORS (PG) DIG (1230 300 530) 800 1030
THE HOLIDAY (PG-13) DIG (1215 350) 700 1015
APOCALYPTO (R) - ID REQ'D DIG (1215 1245 330 415) 715 745 1030
BLOOD DIAMOND (R) - ID REQ'D DIG (1245 400) 730 1045
VAN WILDER: RISE OF TAJ (R) - ID REQ'D DIG 805 1035
TURISTAS (R) - ID REQ'D DIG 815 1050
THE NATIVITY STORY (PG) DIG (1145 145 230 430 515) 700 800 945
DEJA VU (PG-13) DIG (115 415) 745 1050
DECK THE HALLS (PG) DIG (1150 215 445) 715 945
CASINO ROYALE (PG-13) DIG (1230 400) 730 1045
HAPPY FEET (PG) DIG (1130 215 500) 740 1020
FLUSHED AWAY (PG) DIG (1200 230 515)
BORAT (R) - ID REQ'D DIG (145 535) 815 1040
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (1145 245 530)

BETHESDA 10
7272 Wisconsin Avenue — 800-FANDANGO 569#

Adv. Tix on Sale NIGHT AT THE MUSEUM (PG) ★
Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
UNACCOMPANIED MINORS (PG) DIG (1110 150 420) 710 940
BLOOD DIAMOND (R) - ID REQ'D DIG (1230 350) 745 1045
THE HOLIDAY (PG-13) DIG (1145 340) 730 1030
APOCALYPTO (R) - ID REQ'D DIG (1120 320) 720 1025
THE NATIVITY STORY (PG) DIG (1115 145 410) 645 930
DEJA VU (PG-13) DIG (1140 330) 650 1000
CASINO ROYALE (PG-13) DIG (1200 415) 700 740 1010 1040
HAPPY FEET (PG) DIG (1100 1130 130 200 400 430) 655 950
BORAT (R) - ID REQ'D DIG (1150 220 440) 750 1015

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy — 800-FANDANGO 690#

Adv. Tix on Sale NIGHT AT THE MUSEUM (PG) ★
Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
THE HOLIDAY (PG-13) DIG (1240 110 350 420) 700 730 1010
BLOOD DIAMOND (R) - ID REQ'D DIG (100 130 410 440) 720 750 1030
APOCALYPTO (R) - ID REQ'D DIG (1250 120 400 430) 710 740 1020
UNACCOMPANIED MINORS (PG) DIG (1225 245 505) 725 945
THE NATIVITY STORY (PG) DIG (140 415) 655 925
VAN WILDER: RISE OF TAJ (R) - ID REQ'D DIG (500) 1025
TURISTAS (R) - ID REQ'D DIG (1255 335) 610 850
BOBBY (R) - ID REQ'D DIG (210) 735
DEJA VU (PG-13) DIG (150 355 455) 800 1035
CASINO ROYALE (PG-13) DIG (1215 1245) 645 715
HAPPY FEET (PG) DIG (145 425) 705 955
STRANGER THAN FICTION (PG-13) DIG (105 345) 635
BORAT (R) - ID REQ'D DIG (1205 220 435) 650 905
DEPARTED (R) - ID REQ'D DIG 920
OC & DA: CASINO ROYALE (PG-13) DIG (330) 1000

COUNTRYSIDE STADIUM 20
45980 Regal Plaza — 800-FANDANGO 394#

Adv. Tix on Sale NIGHT AT THE MUSEUM (PG) ★
Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
UNACCOMPANIED MINORS (PG) DIG (1215 250 515) 740 950
THE HOLIDAY (PG-13) DIG (1250 150 400 500) 710 810 1020
APOCALYPTO (R) - ID REQ'D DIG (110 210 420 520) 730 830 1040
BLOOD DIAMOND (R) - ID REQ'D DIG (100 200 410 510) 720 820 1030
VAN WILDER: RISE OF TAJ (R) - ID REQ'D DIG (120) 930
TURISTAS (R) - ID REQ'D DIG (1210 240 540) 800 1025
THE NATIVITY STORY (PG) DIG (1220 220 310 450 550) 750 840 1015
THE FOUNTAIN (PG-13) DIG (350) 650
DEJA VU (PG-13) DIG (1200 320) 640 945
DECK THE HALLS (PG) DIG (1230 315) 635 910
CASINO ROYALE (PG-13) DIG (1150) 620 700 1010
HAPPY FEET (PG) DIG (1240 140 330 430) 615 715 900 955
STRANGER THAN FICTION (PG-13) DIG (1245 340) 630 915
FLUSHED AWAY (PG) DIG (1140 215 440)
BORAT (R) - ID REQ'D DIG (1205 230 530) 745 1000
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (130 415) 645 920
OC & DA: CASINO ROYALE (PG-13) DIG (300) 940

ROCKVILLE CENTER STADIUM 13
Rockville Town Center — 800-FANDANGO 248#

Adv. Tix on Sale NIGHT AT THE MUSEUM (PG) ★
Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
UNACCOMPANIED MINORS (PG) DIG (1215 240 510) 740 955
BLOOD DIAMOND (R) - ID REQ'D DIG (100 140 410 505) 720 810 1030
THE HOLIDAY (PG-13) DIG (1245 135 400 445) 710 800 1010
APOCALYPTO (R) - ID REQ'D DIG (120 425) 735 1040
TURISTAS (R) - ID REQ'D (100) 1010
THE NATIVITY STORY (PG) DIG (1200 225 455) 725 1005
BOBBY (R) - ID REQ'D (320) 715
DEJA VU (PG-13) DIG (145 440) 755
DECK THE HALLS (PG) DIG (1220 235 450) 705 925
CASINO ROYALE (PG-13) DIG (115 430) 745
HAPPY FEET (PG) DIG (1200 230 500) 730 1015
BORAT (R) - ID REQ'D DIG (1235 300 520) 750 1000

FAIRFAX TOWNE CENTER 10
4110 W Ox Road — 800-FANDANGO 670#

Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
UNACCOMPANIED MINORS (PG) DIG (120 200 350 430) 700 740 930 1010
DEJA VU (PG-13) DIG (130 300 440) 645 750 950
THE NATIVITY STORY (PG) (110 340) 650 920
THE NATIVITY STORY (PG) DIG (150 420) 730 1005
THE QUEEN (PG-13) DIG (140 410) 720 1000
BORAT (R) - ID REQ'D DIG (105 310 520) 735 945
DEPARTED (R) - ID REQ'D (100) 705
THE PRESTIGE (PG-13) (415) 1020
DECK THE HALLS (PG) DIG (135 400) 710 940

GERMANTOWN STADIUM 14
20000 Century Blvd — 800-FANDANGO 455#

Adv. Tix on Sale NIGHT AT THE MUSEUM (PG) ★
Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
THE HOLIDAY (PG-13) DIG (1245 400) 715 1030
APOCALYPTO (R) - ID REQ'D DIG (1230 115 345 430) 700 745 1015
UNACCOMPANIED MINORS (PG) DIG (1140 210 440) 710 945
BLOOD DIAMOND (R) - ID REQ'D DIG (100 415) 730 1045
THE NATIVITY STORY (PG) DIG (100 415) 715 950
VAN WILDER: RISE OF TAJ (R) - ID REQ'D DIG 740 1020
TURISTAS (R) - ID REQ'D DIG (1215 245 515) 800 1040
DEJA VU (PG-13) DIG (1240 410) 720 1025
DECK THE HALLS (PG) DIG (1230 400) 650 945
HAPPY FEET (PG) DIG (1130 1200 200 245 430 515) 750 1030
CASINO ROYALE (PG-13) DIG (1200 330) 700 1015
BORAT (R) - ID REQ'D DIG (1210 230 510) 750 1035
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (1135 210 445) 730 1000

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr — 800-FANDANGO 570#

Adv. Tix on Sale NIGHT AT THE MUSEUM (PG) ★
Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
UNACCOMPANIED MINORS (PG) DIG (200 430) 715 945
THE HOLIDAY (PG-13) DIG (100 415) 730
APOCALYPTO (R) - ID REQ'D DIG (1245 415) 745
BLOOD DIAMOND (R) - ID REQ'D DIG (1230 115 400 430) 730 815
VAN WILDER: RISE OF TAJ (R) - ID REQ'D DIG 945
TURISTAS (R) - ID REQ'D DIG (215 500) 815 1030
THE NATIVITY STORY (PG) DIG (145 445) 800 1020
DEJA VU (PG-13) DIG (100) 700
DECK THE HALLS (PG) DIG (130 345) 645 915
CASINO ROYALE (PG-13) DIG (1230 330 330) 745 900
HAPPY FEET (PG) DIG (115 345) 715 1000
STRANGER THAN FICTION (PG-13) DIG (1245) 630
BORAT (R) - ID REQ'D DIG (105 315) 645 930
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (145 445) 700
OC: DEJA VU (PG-13) DIG (400) 1000

MANASSAS STADIUM 14
11380 Bulloch Drive — 800-FANDANGO 490#

Adv. Tix on Sale NIGHT AT THE MUSEUM (PG) ★
Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
BLOOD DIAMOND (R) - ID REQ'D DIG (1215 340) 720 1025
UNACCOMPANIED MINORS (PG) DIG (1145 205 440) 735 945
THE HOLIDAY (PG-13) DIG (1220 1245 330 400) 705 730 1005 1030
APOCALYPTO (R) - ID REQ'D DIG (1210 325) 715 1020
VAN WILDER: RISE OF TAJ (R) - ID REQ'D DIG 750 1010
TURISTAS (R) - ID REQ'D DIG (100 355) 745 1000
THE NATIVITY STORY (PG) DIG (1140 215 450) 725 950
DEJA VU (PG-13) DIG (1240 345) 650 955
DECK THE HALLS (PG) DIG (1255 350) 655 915
CASINO ROYALE (PG-13) DIG (1155 315) 640 945
HAPPY FEET (PG) DIG (1130 1230 210 320 445) 710 940
STRANGER THAN FICTION (PG-13) DIG 920
BORAT (R) - ID REQ'D DIG (1135 200 430) 800 1015
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (1205 225 435) 700

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Television

PSYCHO SOAP: Novelist Bret Easton Ellis' idea for a creepy soap opera has intrigued Showtime enough for it to order a script. "The Canyons" will focus on young people in Los Angeles dealing with their careers, relationships and, of course, monsters.

Doin' It for the Kids

'Family Television Awards' spotlights huggable TV shows

FAMILY AFFAIR | Stephen Collins and Haylie Duff host the "8th Annual Family Television Awards" (9 p.m., CW). The Family Friendly Programming Forum, an organization of major advertisers, bestows the honors.

This is not a night of suspense. The 2006 honorees have been decided, and they are "Numb3rs" (Best Drama); "Everybody Hates Chris" (Comedy); "Dancing With the Stars" (Reality); Howie Mandel (Game Show Host); and "Ugly Betty" (New Series). The cable movies "High School Musical" and "The Ron Clark Story" are also feted.

With the inclusion of "Chris" and "Betty," it's nice to see "family friendly" does not have to be synonymous with insipid and innocuous. And any television show, like "Numb3rs," that celebrates logical thinking deserves all the awards it gets.

"Family Friendly" is such a broad term it's hard to pin down. I'll settle for anything that doesn't make for awkward and embarrassing moments between parents and kids. "All in the Family" was smart, funny and controversial, but I never felt mortified watching it in the same room as my parents. Maybe that's why it regularly reached an audience of 30 million.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

STEPHEN SHUGERMAN/GETTY IMAGES

DUFF, MAN: Haylie Duff co-hosts an awards show that lauds family TV. Zzzz.

ON TV TONIGHT

GONZO DOC

Nick Nolte narrates **BUY THE TICKET, TAKE THE RIDE** (10 p.m., Starz), a documentary look at Hunter S. Thompson and the films inspired by his books. Interviews include Johnny Depp, Sean Penn, Bill Murray, John Cusack, Benicio Del Toro, Tom Wolfe, George McGovern, Ed Bradley, William F. Buckley and others.

MOTHER NATURE

The two-part **AMAZING PLANET** (National Geographic) looks at volcanoes (9 p.m.) and vast oceans (10 p.m.).

STILL SERVING THE COUNTRY

The documentary **TAKING THE HILL** (9 p.m., Discovery Times) looks at the more than 50 military veterans who ran for Congress in 2006.

ABC

STREET CRED: Baba Wawa is down with Jay-Z in her "Fascinating" special.

PREPARE TO BE FASCINATED!

BARBARA WALTERS PRESENTS: THE 10 MOST FASCINATING PEOPLE OF 2006 (10 p.m., ABC). The list includes Andre Agassi, Joel Osteen, Patrick Dempsey, Anna Wintour, Jay-Z and others.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

12.12.06		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News		Nightly News	Access Hollywood	Friday Night Lights (N)		Law & Order: Criminal Intent		Law & Order: Special Victims Unit		News	Tonight Show
	WTTG 5	Seinfeld	The Simpsons	The Simpsons	Seinfeld	Standoff "Borderline" (N)		House "Merry Little Christmas" (N)		News		News	Geraldo at Large
	WJLA 7	News	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	How the Grinch Stole Christmas		Big Day (N)	Help Me Help You	Barbara Walters Presents		News	(:35) Nightline
	WUSA 9	News	Evening News	News	Entertainment	NCIS "Driven" (N)		The Unit "Silver Star" (N)		Criminal Minds "Psychodrama"		News	Late Show
	WDCA 20	Scrubs	Scrubs	Judge Joe Brown	Judge Judy (N)	Wicked Wicked Games (N)		Watch Over Me A run of bad luck. (N)		The Tyra Banks Show		Still Standing	Still Standing
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors	Nova The beginnings of creation.		Frontline "The Tank Man"			The Forgotten Refugees		Earthshaker
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "Trillion Dollar Bet"		Great Lodges-Canadian		Frontline		Charlie Rose (N)	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Great Performances "A Tribute to James Taylor"				BBC World News	Tavis Smiley	Charlie Rose (N)	
	WDCW 50	My Wife and Kids	My Wife and Kids	Friends	Friends	Gilmore Girls		The Family Friendly Awards (N)		Will & Grace	Will & Grace	Sex and the City	Sex and the City
BASIC CABLE	A&E	Crossing Jordan "Justice Delayed"		CSI: Miami "Shootout"		CSI: Miami "Cop Killer"		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	CSI: Miami "Silencer"	
	Animal	The Crocodile Hunter		The Most Extreme Animal fathers.		The Most Extreme Deadly jelly.		Guinness World Records Animals		Animal Cops Houston		The Most Extreme Deadly jelly.	
	BET	106 & Park: BET's Top 10 Live			★★★ "Baby Boy" (2001, Drama) Tyrese Gibson, Omar Gooding, A.J. Johnson.					American Gangster		Jamie Foxx	Jamie Foxx
	Bravo	Top Chef Thanksgiving dinner.		Top Chef "The Raw and the Cooked"		★★ "National Lampoon's Vacation" (1983, Comedy) Chevy Chase.				★★ "National Lampoon's Vacation" (1983, Comedy) Chevy Chase.			
	Comedy	(5:00) ★★ "My Blue Heaven" (1990)		Scrubs	Scrubs	Daily Show	Colbert Report	Mind of Mencia	South Park	Comedy Central's Last Laugh '06		Daily Show	Colbert Report
	Court	Forensic Files	Forensic Files	Cops	Cops	Cops	Cops	Cops	Cops	Anatomy of Crime		Masterminds (N)	Masterminds
	Discovery	It Takes a Thief		How It's Made	How It's Made	Dirty Jobs Vermont cheese.		Dirty Jobs McShane Bell Foundry. (N)		Everest: Beyond the Limit (N)		Man vs. Wild "Sierra Nevada"	
	DISCH	Code Blue		Impact: Stories of Survival		Little People, Big World		Critical Hour "Fall Fractures"		Diagnosis: Unknown		Little People, Big World	
	Disney	Phil of the Future	Zack & Cody	Phil of the Future	That's So Raven	★★★ "The Fox and the Hound" (1981, Drama)			Life With Derek	Life With Derek	Phil of the Future	Zack & Cody	That's So Raven
	E!	Dr. 90210 The Diamonds baby-sit.		E! News (N)	The Daily 10 (N)	Rod & Kimberly Stewart: True Story		Girl Next Door	Girl Next Door	Love Ride	The Soup	E! News	The Daily 10
	FX	That '70s Show	That '70s Show	★★ "Man on Fire" (2004) Denzel Washington. Premiere. A bodyguard takes revenge on a girl's kidnappers.						Nip/Tuck "Gala Gallardo"		(:05) Nip/Tuck "Gala Gallardo"	
	HGTV	If Walls Could	What's-House?	What You Get	House Hunters	Designed to Sell	Save My Bath (N)	Decorating Cents	24 Hour Design	House Hunters	Buy Me (N)	My Parents' House: Holidays	
	Family	Everwood "Shoot the Moon"		Life and Adventures of Santa Claus		"Santa Baby" (2006, Comedy) Jenny McCarthy, George Wendt.				PinocchioC'mas	Whose Line?	The 700 Club	
	History	Zero Hour		Modern Marvels: Doomsday Tech 1		The Russian Navy Czar Peter the Great creates the modern Russian navy. (N)				Man, Moment, Machine		Dogfights "The Zero Killer"	
	Lifetime	Reba	Reba	Still Standing	Still Standing	Reba	Reba	"Borrowed Hearts" (1997) Roma Downey, Eric McCormack. Premiere.				Will & Grace	Will & Grace
	MTV	Super Sweet	TwentyFour 7	Sucker Free		True Life "I'm a Competitive Eater"		True Life "I'm a Staten Island Girl"		True Life "I'm Jealous of My Sibling"		TwentyFour 7	Rob & Big
	NICK	Ned's School	Avatar-Last Air	Rugrats	Jimmy Neutron	SpongeBob	SpongeBob	Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince	Fresh Prince
	SCIFI	Stargate SG-1 O'Neill causes a tiff.		The Lost Room A motel room seems to exist in a different dimension.				The Lost Room To save Anna, Joe enters the world of Object seekers. (N)				The Lost Room (Part 2 of 3)	
	SPIKE	CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Miami "Felony Flight"		CSI: NY "Manhattan Manhunt"	
	TBS	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	My Boys (N)	My Boys (N)	Friends	Friends
	TLC	While You Were Out		Overhaulin' 1972 Dodge Challenger.		House of Tiny Terrors		Overhaulin' 1967 Chevy Chevelle.		Miami Ink "Von D Family Bonding"		Miami Ink "While Ami's Away ..."	
	TNT	Law & Order "We Like Mike"		Without a Trace		Without a Trace "Expectations"		Without a Trace "More Than This"		The Closer "Mom Duty"		Cold Case "Yo, Adrian"	
	USA	Law & Order: Special Victims Unit		Monk "Mr. Monk & the Blackout"		Law & Order: Special Victims Unit		★★★ "Elf" (2003, Comedy) Will Ferrell, James Caan, Bob Newhart.				(:05) Law & Order: Criminal Intent	
	VHI	Ego Trip's Race-O-Rama		Ego Trip's Race-O-Rama		40 Least Hip Hop Moments				Williams Exper.	Show Us Tats	Awesomely Bad Songs	
SPAN.	TELEM	Sala de Parejas	Noti-Telemndo	Viuda de Blanco (N)		Marina (N)		Amor Mio (N)	Amores (N)	Decisiones		Noti-Telemndo	Laura
	UNIV	Que Locura	Noticiero Univ	Heridas de Amor (N)		La Fea Más Bella (N)		Mundo de Fieras (N)		Ver Para Creer		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live)			SportsCenter Year in Review (N)			2006 World Series of Poker		2006 World Series of Poker		SportsCenter (Live)	
	ESPN2	2006 World Series of Poker		Interruption	Honor Roll (N)		Streetball	NBA Coast-to-Coast (Live)				Quite Frankly With Stephen A. Smith	
	CSN	Totally Football	SportsNite	NHL Hockey New York Rangers at Philadelphia Flyers. From the Wachovia Center in Philadelphia.					CvC Special	SportsNite (Live)		ACC All-Access	Final Score
NEWS	CNN	Lou Dobbs Tonight		The Situation Room		Paula Zahn Now		Larry King Live		Anderson Cooper 360			
	FNC	Special Report (Live)		The Fox Report With Shepard Smith		The O'Reilly Factor (Live)		Hannity & Colmes (Live)		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball College Tour		Countdown With Keith Olbermann		Scarborough Country		Crime & Punishment		For God and Country: Sniper	
MOVIES	AMC	(5:30) ★★ "Murder by Numbers" (2002, Suspense) Sandra Bullock. 'R'				★★ "The Beach" (2000, Drama) Leonardo DiCaprio, Tilda Swinton. Premiere. 'R'					★★★ "Deliverance" (1972, Adventure) Jon Voight. 'R'		
	TCM	★★★ "Come Blow Your Horn" (1963, Comedy) Frank Sinatra. 'NR'				★★★★ "The Yearling" (1946, Drama) Gregory Peck. 'G' (DVS)				(:15) ★★★ "Winchester '73" (1950, Western) James Stewart. 'NR'			
	HBO	(5:45) ★★ "U.S. Marshals" (1998) Tommy Lee Jones. 'PG-13'				Dreamgirl-Look	Comic Relief 2006 A fund-raiser for Hurricane Katrina survivors.					The Wire "Final Grades"	
	MAX	★★ "Major League: Back to the Minors" (1998) 'PG-13'			MAX on Set	★★★ "In Good Company" (2004) Dennis Quaid. 'PG-13'				★★ "Tristan & Isolde" (2006, Romance) James Franco. 'PG-13'			
	SHOW	(5:00) ★★ "Beyond the Sea" (2004)		(:05) ★★★ "Crash" (2004, Drama) Sandra Bullock. iTV. 'R'				Sleeper Cell: American Terror		Dexter "Truth Be Told" (iTV)		Sleeper Cell: American Terror (iTV)	
	TMC	American Gun 'R'	(:40) ★★ "Dead Man on Campus" (1998) 'R'			(:15) ★ "Alone in the Dark" (2005, Horror) Christian Slater. 'R'				★ "BloodRayne" (2006) Kristanna Loken. 'R'			Bloodfist III
	STARZ!	(:10) ★★★ "Dazed and Confused" (1993) Jason London. 'R'				★★★ "Glory Road" (2006, Drama) Josh Lucas, James Aaron. 'PG'				Buy the Ticket, Take the Ride: Hunter S. Thompson			(:40) Annapolis
	ENCORE	(:15) ★★ "Herbie: Fully Loaded" (2005, Comedy) Lindsay Lohan. 'G'				★★ "Harold & Kumar Go to White Castle" (2004) 'R'			★★★ "Sleepless in Seattle" (1993) Tom Hanks, Meg Ryan. 'PG'				Thelma & Louise

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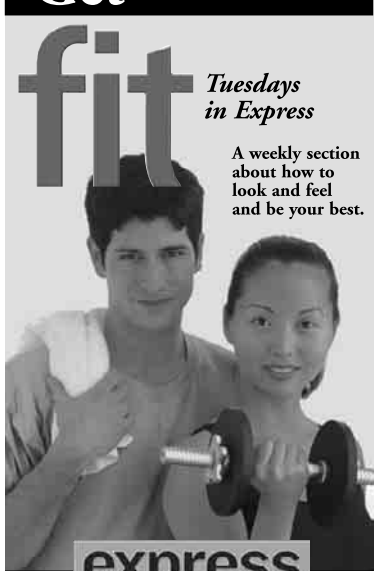

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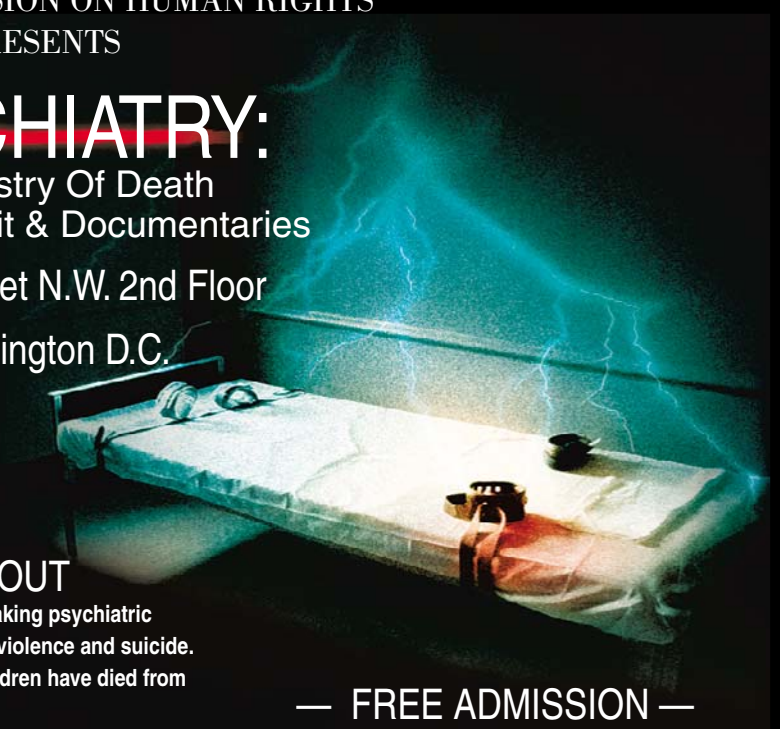

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ASK BETSY
About Student Loans

This column, contributed by American Student Assistance®, a nonprofit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in the *Express* each month. You can "ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to *askbetsydc@amsa.com*.

American Student Assistance
Think About Tomorrow

Making a Dent in Student Loan Debt

Dear Betsy:
My wife has post graduate debt that is quite large. She refinanced shortly after school at 7.8 %. She currently works for a county school district. She refinanced her student loans from a government approved student loan provider. Unfortunately she defaulted on the loans a few years back. The company who had the loans required her to make a certain number of payments on time in order to get out of default status. She did this but unfortunately we went round and round with the company until we finally got fed up and went high up the chain. They finally approved her out of default but then said that unless she refinanced the loan, her payment was going to be something we could not afford. We turned to the U.S. Dept. of Education and refinanced with them because we felt we would get more straight answers with the Government. The rate she refinanced it is 7.8 % which was her original refinanced amount. She has made every payment on time for almost two years now. We have a small family and find it hard to make any dent in her loan. We are only paying the minimum. The repayment type is called extended. Will the Government forgive the rest of the loan after 25 years or will we own the loan for life.

Franklin

Dear Franklin:
Boy, it really sounds like you've done everything you are supposed to do. The repayment option you are doing right now will not get any remaining balance forgiven after 25 years. You will actually likely pay the loan off yourselves under this plan in that timeframe. Direct Lending does have an option called income contingent repayment that may forgive any remaining balance after 25 years. The trick is you have to actually apply for it every single year for that 25 years (so they can adjust your payment based on your income) which some find difficult to keep up with. Note that there is no pre-payment penalty on student loans and you will certainly reduce the total you pay back if you up the monthly payment even a little bit. Also, don't forget you can likely claim some if not all of that interest paid on her taxes as a deduction.

You mentioned that your wife is a teacher. If she took all of her loans out after October 1, 1998, she may be eligible to have some of the debt forgiven if she is teaching in a Title I (low income) area. If you think that she might qualify, give Direct Loans a call and ask to be sent an application for teacher loan forgiveness to find out more.

Unfortunately, there's no way to lower the interest rate (I'm assuming you checked to see if they offered a discount for direct withdrawal payments) or reduce the debt other than by paying extra. If you own a home, you could check to see if a home equity loan has a lower interest rate - and while you'd maintain similar tax benefits that way, you would lose the federal benefits of deferments (if you need them) and discharge if something really bad were to happen. (total and permanent disability for example).

Best of luck
-Betsy

Have a question on student loans? Email me at askbetsydc@amsa.com

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St. Coletta of Greater Washington

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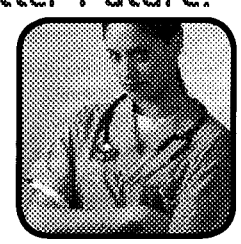
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Bernstein Mgt. Corp. EHO
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RESTON—Handicapped Equip. Spac 1BR hdwd flrs. all amens. pkg. great loc. $1495. Agent, 240-417-6093

Reston—Town Center, Luxury 2 Bd/ 2Ba, $2800, Call 703-980-5091.

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Waldorf—3BR 1.5BA, a/c, pkg, close to mall, Sec. Dep $1000 $1550/mo 202-486-7656 avail now.

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WALDORF **$310,000**
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Realty Executives/2000

WALDORF 2638 Ulster Ct. —Det 4BR, 2FBA, split foyer, 3rd ac lot, Free appr on premises, $10,500 C C. $350K. Cathy Redmond, 301-870-8416 C-240-299-3915. Susie Moore Associates - 301-449-7979

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ALEX—Single ofcs avail., ideal for profs. $420 to $590 mo-to-mo. Add'l info call Paul, 240-481-3392

WHEELS

BMW 2004 325—$25950, excellent cond, 47k mi, nav, metallic blue ext, tan leather int, 301-872-5039

BMW 2000 M5—excellent cond, black w/ black and red int, six speed manual, call for options, 97k mi, 30k obo, 443-454-4106

BMW 2000 740—$13900, excllnt cond, nav syst, blue ext, creme int, 4 dr, dual side air bags,heatd seats, leathr int, 301-674-2929

BMW '95 540i—Auto, 119K mi, all pwr, snrf, lthr, CD chgr & cass. AC, airbags, good condition. $4800/ obo. 301-459-1094

BUICK '98 CENTURY—4 dr, auto, all pwr, loaded, alloys, excel. cond., MD insp. $2850. 301 674-5122

CAD '96 DEVILLE—4 dr, auto, all power, lthr, airbags, a/c, alloy whls, good cond. $3600 obo. 301-577-2674

Cadillac 2000 DeVille—$15,500, excellent cond, 77k mi, nav, pearl crimson ext, tan int, 4 dr, mem seats, 301-509-5982

CHEVY '00 BLAZER LS—4x4, V6, pewter extr, tan intr, excellent sound sys, good condition, 74K mi. $6800 OBO 703-690-9427

Chrysler 2005 Sebring—Sedan, V6, 200hp, 28 mpg, pwr d-seat, great cond, under wty, 27k mi, $11,000 OBO 703-751-0564

DODGE '05 SLT 4x4—Quad cab, 5.7 Hemi, maroon, like new, 26K.
$19,500 obo. 240 508-1093, BJ

DODGE '95 Grand Caravan—Auto, All power, Airbags, A/C, Cass., RoofRack, Good Cond., $2,400/ obo. 240-381-0014

Ford 2004 Explorer—$17,200, excellent cond, 45k mi, Dk Blu, Tan lthr int, 4x4, 3rd row seat, premium warranty xfers. 703-347-1330.

GMC - '02 Envoy SLE. 4WD. Beige. 63k mi. Loaded. On-Star. Excel cond. Srvc warr. $11,500. 301-894-7376 or 301-706-6438

HONDA '04 CIVIC HYBRID LX— Platinum Sedan,-32k Mls, Extra Clean!! $16,900 703-217-9477or 703-987-4457

Honda 2003 Civic—$13,500, good cond, 25k mi, Red ext, Grey int, 4 dr, EX trim 1HGEM22563L041655, 703-228-9065

Honda 2003 Accord—$10590, auto, good cond, 82k mi, black ext, black int, 2 dr, keyless entry, 7033388344/3012034273

HONDA '03 ODYSSEY EXL— Blk,Lthr Int,Flly Load,-81k Miles,Excellent Cond!$14,500 703-217-9477or 703-987-4457

Jaguar 1998 XJ8—$5500.00 obo, good cond, brand new transmission, 220k mi, gold ext, tan int, 4 dr, lthr int, sunrf, 202-486-9041

JUNK VEHICLES REMOVED FREE
CASH PAY FOR SOME
202-714-9835

MERCEDES '99 CLK 430—$14,500/OBO. Exc. cond, 74k mi, Blk/Blk AMG pkg! mem seats, lthr int, 6 CD changer, 703-442-3375

Mitsubishi 2003 Galant—$10000 obo, excellent cond, 37K, Burgandy ext, Tan/Beige int, 4 dr, alloy wheels, Transferrable warranty of 37K Must see to appreciate. 703-393-2902

Nissan 2005 350Z—$22,000, excellent cond, 31k mi, electric blue ext, black int, 2 dr, 540-421-3698

Nissan 2001 Altima—GLE $8500, exc con, pwr bks/seat/mirs/wnds, alrm, titaniumm frst/gray, 4dr, abgs, elec m/snrf, lthr int, cd, 6CD chngr, cass, & Extras, rwnd def, 72k mi 7038878013 or 6814929

OLDS '94 Cutlass Supreme—Auto 4dr, v6, runs great $1200 202-744-7187.

Piaggio 2006 BV-500—$4300, mint cond, 3k mi, Black, 202-547-4224. Includes top case, cover, heavy lock.

Toyota 2004 Corolla—CE $10,500. 44K, Tan ext/int, Alarm, Cruise, Pwr lck, Remote keyless entry, 5spd, CD, 1 owner, Clean. 703-533-6771

TOYOTA '03 SIENNA XLE— Limited AWL,Silver,28k mls,Loaded! $15,900 703-217-9477or 703-987-4457

Toyota 1998 4Runner—$6500.00 obo, fair cond, 122k mi, White ext, Charcoal int, 4 dr, runs well - minor issues, 808-381-7881

VW 2003 Jetta—$7950, mint cond, 100k mi, black ext, black int, 4 dr, htd seats, alloy wheels,one owner 571-970-2382. #92MJ.

VW '78 SUPER BEETLE CONV KARMANN
Yellow w/black top, 108K, $5500 or best offer.
301 432-5319 or 301 462-9432

Look out

TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

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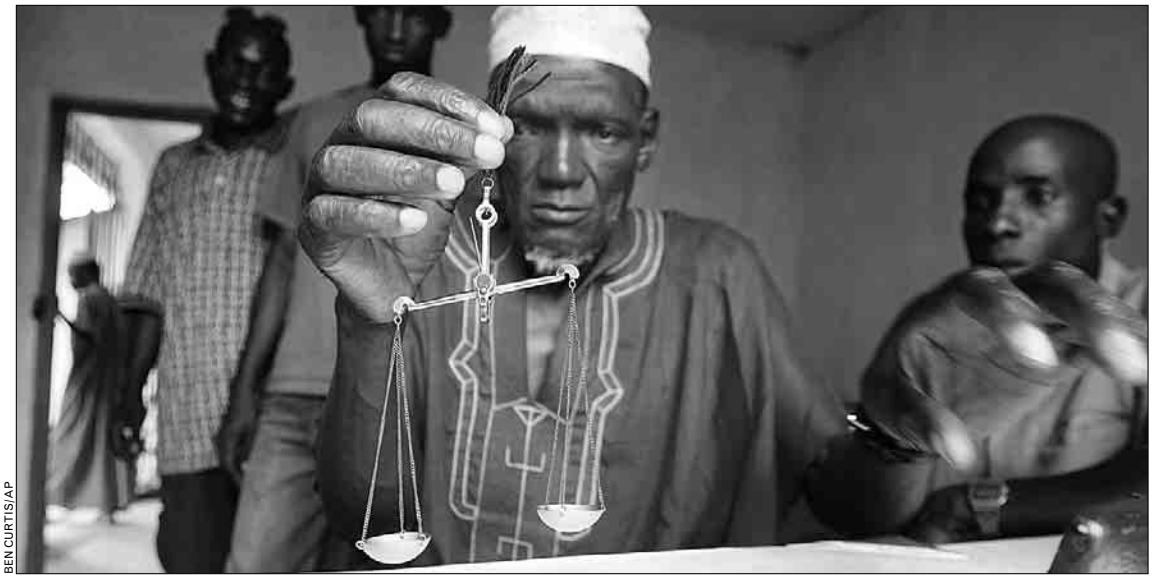

BEN CURTIS/AP

WEIGHT IN DIAMONDS: Legal jewel dealer Samba Sabali weighs diamonds of miners and prospective sellers in Sierra Leone.

Rough Cut

Jewels

New movie puts the spotlight back on the conflict diamond trade

> "We're not confident that the Kimberley Process is yet strong enough to stem the flow of conflict diamonds."
>
> **ANNIE DUNNEBACKE**, GLOBAL WITNESS

Hollywood's take on "conflict diamonds" has brought attention back in a big way to how gems associated with wealth and glamour have too often meant war and suffering in Africa.

The film "Blood Diamond," which opened Friday in U.S. theaters, is set in late 1990s Sierra Leone, when the West African country was in the throes of a civil war in which untraceable diamonds allegedly funded fighters who hacked off people's hands with machetes and burned entire villages.

Since then, the situation has improved dramatically. But while diamonds may no longer be fueling war, they are a long way from helping pull people out of poverty on a continent that produces about 65 percent of the world's diamonds, valued at about $8.4 billion a year, according to the World Diamond Council.

Wars in Sierra Leone, Liberia, Angola and Congo have given way to peace deals — and even to democratic elections. Congo recently inaugurated its first freely elected president in more than four decades.

And since 2003, African diamonds have been labeled and tracked and given "birth certificates" in a process that tracks gems from extraction to sale to ensure gems in Western jewelry stores don't fund rebels.

Yet in practice, rights groups say the oversight organization called the Kimberley Process has had a number of problems that could keep it from being effective if conflict were to break out again in major diamond producing areas.

And residents in some of the diamond-producing countries recovering from years of war say they still aren't seeing much benefit from the gems leaving their shores for markets in North America or Europe.

Sierra Leone's eastern diamond region still has poor roads and little electricity or running water.

Partnership Africa Canada, a Canadian pressure group, says most miners in Sierra Leone are not paid a salary, but are provided with food and mining tools by the holder of a mining license, then forced to sell their finds back to the license holder at below-market prices.

Such issues are outside the purview of the Kimberley Process, a voluntary 71-nation group created out of the uproar about diamond-funded wars in Sierra Leone and Angola.

The group, whose members agree only to buy or sell certified diamonds, has helped conflict diamonds drop to less than 1 percent of the world's diamonds, from about 4 percent previously.

"We are striving to make it zero," said Eli Izhakoff, chairman of the industry World Diamond Council.

Global Witness, one of the groups that started the campaign against conflict diamonds back in 1998, said Kimberley is weak and too quick to trust the word of member governments. "At this point, should armed conflict spark up again in some of the countries that were most affected ... we're not confident that the Kimberley Process is yet strong enough to stem the flow of conflict diamonds," said Annie Dunnebacke, a Global Witness campaigner. HEIDI VOGT (AP)

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Problems with alcohol and anger?

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) is seeking people whose drinking and anger are causing problems for themselves of for their families. A treatment study is underway to see if omega-3 fats, commonly known as fish oils, can help.

We offer a four-week inpatient treatment program followed by 12 weeks of outpatient therapy at no cost to those who qualify. For a confidential telephone screening, call 301-496-1993.

Deaf or hard of hearing? Call the Federal Relay service at 1-800-877-8339.

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA
NATIONAL INSTITUTES OF HEALTH

LOOK out

Working Out at Work

Health Care

Companies force their workers to start living healthier lives

Many companies are starting to sound like moms: They are pushing employees to eat their vegetables and go outside and play. And they are not being gentle about it.

Outdoor clothing company L.L. Bean Inc. shuts down its manufacturing line three times a day for mandatory five-minute stretches designed to prevent the most common injuries the workers suffer.

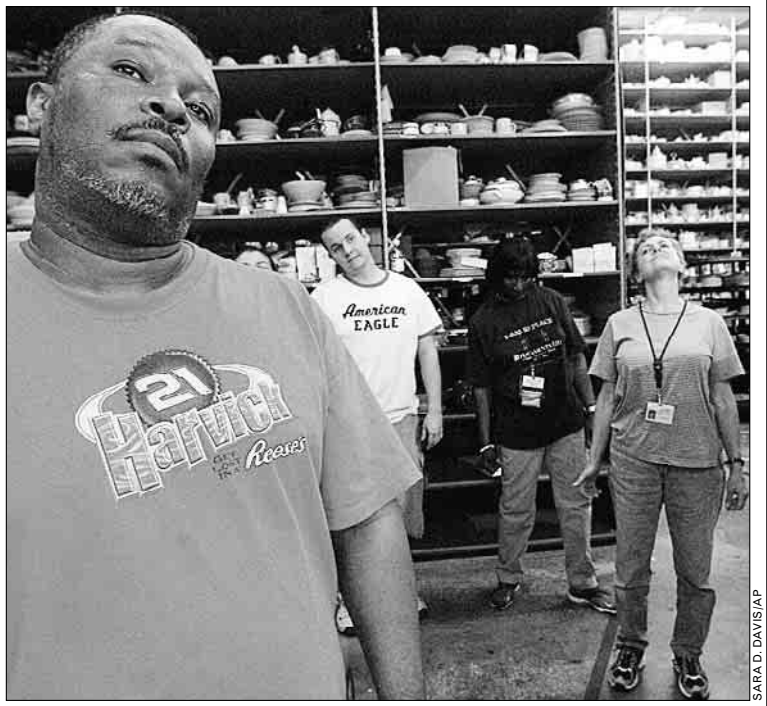
"It's a safety measure, just as we would ask someone to wear safety glasses if there's a danger of hurting their eyes," said Susan Tufts, the company's employee wellness program manager.

At retailer Replacements Ltd., 250 employees take part in a walking program organized by the company nurse. T-shirt manufacturer American Apparel has 80 loaner bikes, locks and helmets for employees and hosted an employee screening of "Fast Food Nation," a film in which the villain is the meat industry.

> "It's a safety measure, just as we would ask someone to wear safety glasses if there's a danger of hurting their eyes."
>
> **SUSAN TUFTS**, L.L. BEAN

Insurance company The Hartford Financial Services Group Inc. is among those using price manipulation in its cafeteria to encourage employees to eat right. It is increasing the prices of fatty foods and using the extra money to fund a subsidy for healthy sandwiches, cut fruit and salads.

Such "Twinkie taxes" are now in place at 7 to 10 percent of corporate cafeterias run by food service company Sodexho.



SARA D. DAVIS/AP

Companies like Replacements Ltd. are building exercise time into workers' days.

Mounting health care costs — premiums rose 7.7 percent in 2006 — are driving the changes. Employee assistance company ComPsych Corp. runs what it calls "train wreck exercises," in which companies compute how long they can absorb health care cost increases before they become unprofitable. The first client that did the exercise realized it only had 18 months.

After L.L. Bean increased the price for burgers and lowered the price for salads in its cafeteria, fruit and salad bar purchases doubled while french fry and burger sales fell by half.

When railroad company Union Pacific Corp. opened a new headquarters in Omaha two years ago, it ordered its cafeteria operator to hire a full-time dietitian for the site and cut the fat and calories on every item by 10 percent.

The company runs a "Know Your Numbers" program that drills into employees' heads figures such as the 30 minutes of exercise they should be getting a day and the 3,500 calories in a pound. "The biggest thing the guys come back and say they learned the most about is portion size," said Marcy Zauha, the company's director of health and safety. "They didn't understand how much they were eating."

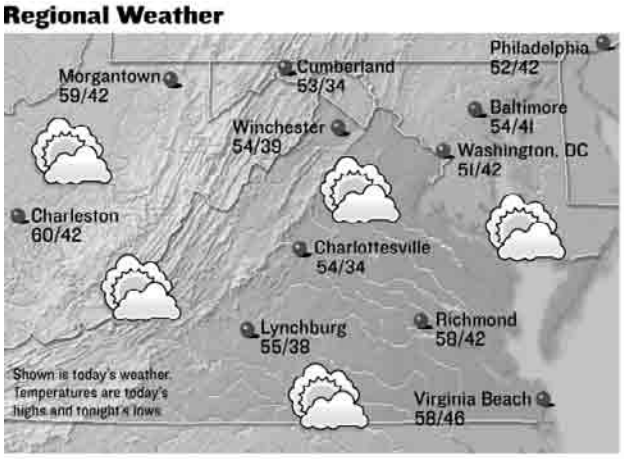
Besides cost cutting, another factor behind the programs is the amount of time employees spend at work. If workers don't have access to fruits and vegetables on the job, they will need to consume between one and two servings every waking hour after work to meet the goal of eating five to nine servings a day, according to the California Department of Human Services. To reach the recommended 10,000 steps a day, sedentary workers would have to spend most of their evenings in motion, the department said.

ELLEN SIMON (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny	Mostly cloudy, rain late	Cloudy, rain, mild	Partly sunny, mild	Partly sunny, possible shower	Partly sunny, mild
51°	42°	56° / 42°	58° / 40°	56° / 41°	57° / 41°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	62°
Low	33°
Normal high	48°
Normal low	33°
Average humidity	45%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.06"
Normal month to date	1.08"
Year to date	46.27"
Last year to date	42.00"
Normal year to date	37.38"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

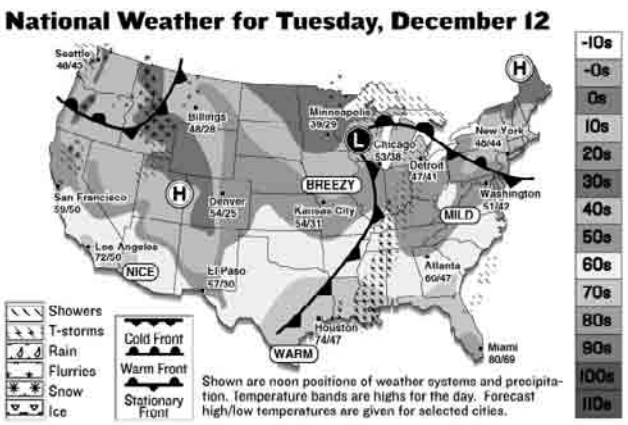
D.C. Metro: Today, partly sunny. High 51. Wind east-southeast 4-8 mph. Tonight, mostly cloudy, rain late. Low 42. Wind south-southeast 4-8 mph.

Sun and Moon

Sunrise today	7:17 a.m.
Sunset tonight	4:46 p.m.
Moonrise today	none
Moonset today	12:23 p.m.

Last	New	First	Full
Dec 12	Dec 20	Dec 27	Jan 3

National Weather for Tuesday, December 12



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	60/47/pc	64/44/pc
Boston	44/39/pc	50/40/r
Chicago	53/38/r	46/34/pc
Dallas	70/42/pc	70/42/s
Denver	54/25/pc	54/28/pc
Honolulu	84/69/s	83/71/s
Los Angeles	72/50/s	76/50/s
Miami	80/69/pc	81/70/pc
New York City	48/44/pc	57/44/r
Orlando	76/56/pc	78/60/pc
Seattle	48/43/sh	48/40/sh

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	46/43/pc	52/46/r
Athens	59/46/sh	57/45/s
Berlin	45/36/pc	46/41/pc
Buenos Aires	90/70/pc	93/72/t
Calgary	42/24/c	36/27/pc
Dublin	48/43/r	54/48/r
Geneva	50/34/pc	48/30/s
Moscow	40/31/pc	32/26/c
Rome	63/45/s	59/46/c
Sydney	74/63/pc	78/71/pc
Tokyo	55/45/r	56/43/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

1

Heart Felt

HOLIDAY HOT LIST

Felt, the stuff of tannenbaum baubles, alpine hats and school art projects, has been around for ages — archaeologists even found it in a 6500 B.C. Turkish tomb. Made by pressing fibers (usually wool) together, the old-timey fabric seems new again, showing up in surprising forms (jewelry) and with new functions (clocks). "It's crisp and modern, especially in winter," said Douglas Burton of Apartment Zero. Here are some presents that boast felt's warm presence. JENNIFER BARGER (EXPRESS)

2

3

4

5

6

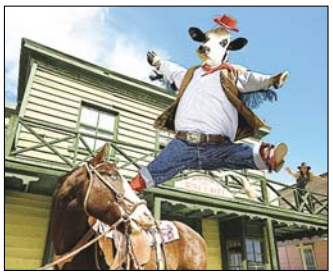
(1) Wine box Cold sauvignon blanc looks that much more house-warming when gifted in a clever yuletide fabric container. And after the holidays, this baby could serve as the world's cutest ornament storage box. ($17, Home Rule, 1807 14th St. NW, 202-797-5544) **(2) Pillow** Accordion strips of felt in woodland sprite colors — brown, woodsy green — give this cushion a homespun-yet-mod vibe. ($20, World Market) **(3) Teapot warmer** Brits keep their pots of Darjeeling and Earl Grey toasty with tea cosies. This model, made in Kyrgyzstan, mimics one of that land's traditional yurts. ($38 with coaster, Textile Museum Shop, 2320 S St. NW, 202-667-0441) **(4) Place mats** Look closely — in the steely gray of these laser-cut felt mats lurk images of flowers, fish and bugs. ($12 each, Tabletop, 1608 20th St. NW, 202-387-7117) **(5) Bowls** Dutch design company Gewoon shapes fuzzy wool into sharp-edged vessels in three different sizes. Use 'em to corral holiday cards, pinecones or that fruit you keep meaning to eat more of. ($49, $58 and $110, Apartment Zero, 406 7th St. NW, 202-628-4067) **(6) Wrist candy** Like technicolor dream cuffs, Kansas-based artisan Kelly Mulloy's bracelets feature multicolored lines of stitches on lengths of punch-hued felt. Also haute: They fasten with Velcro! ($48 each, greenergrassdesign.com)

Shopping

History 16 Inches Tall

Sick to death of Barbie dolls? Despite her token "ethnic" friends, the ubiquitous figure does perpetuate a rather blond-normative society. Have no fear, **ETHIDOLLS** is here. Made by the Madame Alexander company, the new Makeda, Queen of Sheba doll ($139, ethidolls.com) is accompanied by a storybook that chronicles Makeda's historical association with King Solomon and her rule over what is now Ethiopia. More African royal figures will be released in the coming year. FIONA ZUBLIN (EXPRESS)

Shopping



Kows Spel Gud

We can't help it. We love the **CHICK-FIL-A** "Eat Mor Chikin" calendar ($5, Chick-fil-A restaurants). Maybe it's because we love the delicious (get it?) irony of one animal trying to convince you to eat another animal, especially when the convincer is anthropomorphized to the point of ridiculousness, while the suggested meal has been compressed into a fillet so artificial that it seems to be related to an actual chicken about as much as carpeting relates to interstellar space travel. This year's calendar has a Western theme to its carnivorous encouragement, and is an ideal gift for the fan of pressed chicken flesh in your life. KRISTEN PAGE-KIRBY (EXPRESS)

Look out Online

from readexpress.com

Metro's Inevitable Fare Hike?

COMMUTING | On Monday, The Washington Post's Lena H. Sun wrote about Metro's looming $116 million budget deficit and possible courses of action the multi-jurisdictional transit agency might take to close the gap. One of those courses: increase fares and trim service.

Specifically, Metro might charge a higher rate for peak rush-hour travel while giving discounts to reverse commuters. Weekend morning service might be trimmed, with its opening delayed to 8 a.m. Metro, which does not have a dedicated government funding source, might also ask state, federal and local jurisdictions to cough up more money.

Funding Metro has never been an easy task and commuters, naturally, are upset about the prospect of paying higher fares.

Says one READEXPRESS.COM commenter: "It's quite disheartening to hear that Metro managers ... will be receiving extra cash this year while I am forced to wait in the cold for (delayed) 6- (not 8-) car trains, packed full of unhappy commuters. ... I think perhaps a boycott of Metro will soon be necessary if something can't be done to remedy the issues of overcrowding, insane fare prices and general crappiness of service."

So how are you feeling about a potentially more expensive Metro commute? For today's Poll Center question, we ask: Are you getting your money's worth on Metro?

JAMES A. PARCELL/TWP

RELIEF: After this month, Yellow Line trains will run to Fort Totten.

Give your opinion on the matter at READEXPRESS.COM's Poll Center, where you can vote by Metro station and leave comments. MICHAEL GRASS (EXPRESS)

Changing the Maps

YELLOW LINE | If you've been at the Gallery Place-Chinatown station, you might have seen new Metro signage that shows an extension of Yellow Line service to Fort Totten, an experiment by the transit agency to increase the frequency of off-peak train service on the Green Line's mid-city corridor, including the Georgia Avenue-Petworth, Columbia Heights and U Street-Cardozo stations.

But the service expansion won't go into effect until Dec. 31. So if you're at L'Enfant Plaza and want to head up to Columbia Heights, you're better off taking the Green Line for the rest of the month. During rush hour, the Yellow Line will still end at the Mount Vernon Square-7th Street-Convention Center station. M.G.

➜ Coming Up Today

Want a piece of history? The Brookland home of Ralph Bunche, the civil rights leader and State Department and U.N. official, is for sale, currently listed at $1,750,000.

Poll Center

TODAY'S QUESTION

Are you getting your money's worth from Metro?

1. Yes
2. No

YESTERDAY'S RESULTS

Should Barack Obama run for president in 2008?

YES	NO
53%	47%

As of 6:15 p.m. Monday. Not a scientific poll.

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT READEXPRESS.COM/POLLCENTER.PHP

The Blog Log

"I hope that whoever stole my nice wreath finds pleasure in it. I hope that other people see it and find it festive and beautiful."

MERUJO.BLOGSPOT.COM MADE A CHRISTMAS WREATH WITH "BERRIES, FUNKY LEAVES AND PINECONES, A HANDFUL OF TINY BELLS AND A GREAT RED VELVET BOW." NOW IT IS GONE.

Wrong Way, Nicole

"[H]ow much alcohol would it take to get an 85-pound woman drunk? I'm guessing one glass of eggnog will just about do it."

A MOLLYGOOD.COM COMMENTER ON NICOLE RICHIE'S BEING ARRESTED FOR DRIVING UNDER INFLUENCE AFTER DRIVING THE WRONG WAY ON AN L.A. FREEWAY.

Cost Benefit Analysis

"Mass transit always loses money. The more people who ride on it, the less money needed on roads, etc. Government should expect to lose money on mass transit itself, but gain overall across all transportation expenses."

A COMMENTER AT GET THERE, THE POST'S TRANSPORTATION BLOG AT BLOG.WASHINGTONPOST.COM/GETTHERE.

AP

Hope for Next Season?

"The Redskins have got themselves a very nice player in Ladell Betts and it will be incumbent upon Joe Gibbs and Al Saunders to figure out ways to get Betts and Clinton Portis on the field together next season."

HAILREDSKINS.COM/BLOG ASSESSES THE REDSKINS FOLLOWING SUNDAY'S TOUGH LOSS TO PHILADELPHIA. THE REDSKINS ARE ENSURED A LAST-PLACE NFC EAST FINISH.

Iron Lady's Iron Support

"Margaret Thatcher, who ought to have no credibility left at all after this, was 'greatly saddened' by [former Chilean dictator Augusto] Pinochet's death. ... But what does the baroness care about what Pinochet did to Chile, about how many lives he destroyed, about the abuses he committed?"

THE-REACTION.BLOGSPOT.COM RELAYS A BBC REPORT ABOUT THE EX-BRITISH PRIME MINISTER'S REACTION TO PINOCHET'S DEATH.

Live Online

Michael Wilbon

Washington Post sports columnist MICHAEL WILBON was online Monday at washingtonpost.com to talk about the Redskins' struggles and the Wizards' really ugly new uniforms.

Dan Snyder, Joe Gibbs, Al Saunders and Gregg Williams all share a house together in the offseason for a month. Interesting TV and a fix for next year, or just interesting TV?

Not interesting TV. Not for one minute.

OK, so I caught some Wizards highlights this weekend. What was up with those unis? They looked like the love child of the '70s Bullets and the 2000 Wizards. Maybe the colors look better in person than on TV. Otherwise, we might have to put them up into the "Worst Uniforms of All Time" list.

Those "third" or "alternate" uniforms are the worst. They're so incredibly bad, so hideous, there's a twisted appeal to them. I hear they're selling fairly well at the NBA store in NYC.

As of today, what do you think the chances are that Joe Gibbs will be back to coach the Redskins, next year?

I take Joe Gibbs at his word — that he plans to come back. I don't have any evidence to the contrary. Do you?

Do you think the Redskins have seen the light about having too many coaches? Or are we destined to see an "Asst. Head Coach — Kickoffs" next year?

They've been going in the direction of "more, more, more" for seven years. I'll believe the restrained approach when I see it.

Prince is doing the Super Bowl halftime show. Good choice?

Oh, yes! I'm a huge Prince fan. I've seen him in concert more than anybody — except possibly Chaka Khan. He no longer does any of his controversial music (much to my chagrin!).

TODAY ON LIVE ONLINE: Washington Post health and nutrition writer Sally Squires talks about how to eat healthier at 1 p.m. | **washingtonpost.com/liveonline.**

DO

BRING AN AIR MATTRESS. The holidays increase the likelihood that you'll be spending time in airports. Since it's also winter, the chance is increased that your flight will be delayed or canceled. Better use the Budget Traveller's Guide to Sleeping in Airports (sleepinginairports.net). Reagan National Airport is "tolerable."

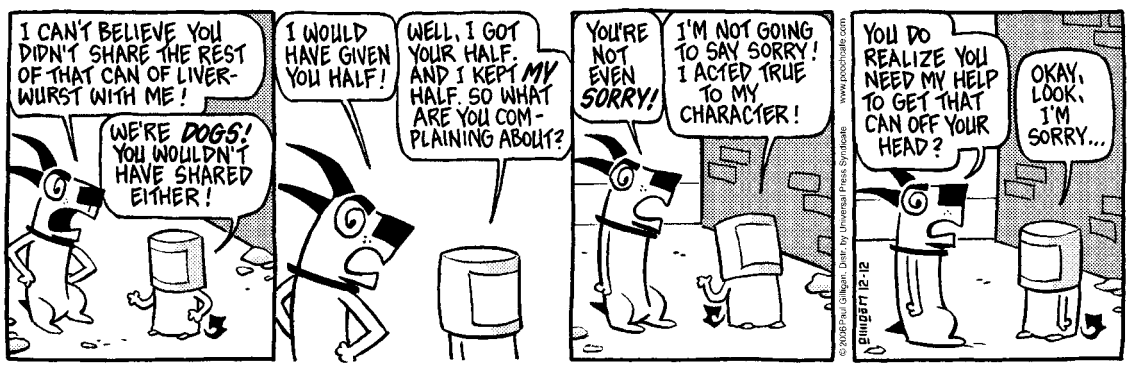
Look out

Bizarro | *Dan Piraro*

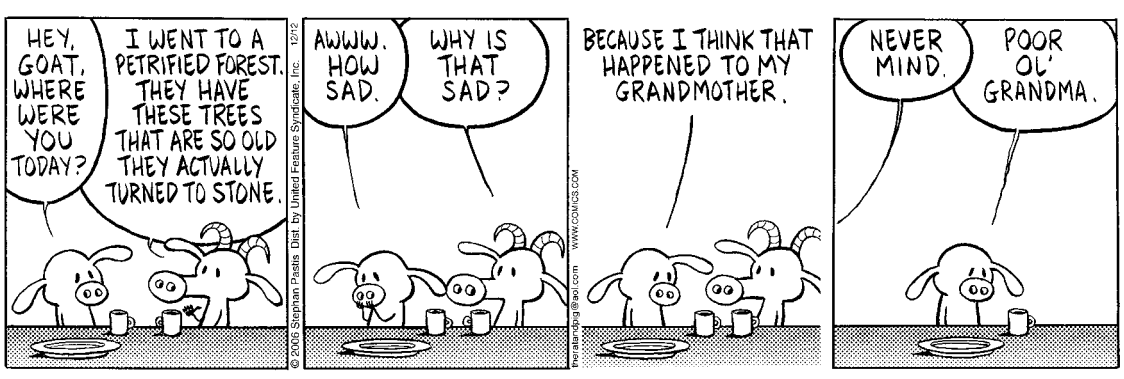
Cornered | *Mike Baldwin*

"That's it, I quit. I don't know how anyone can stand working under you."

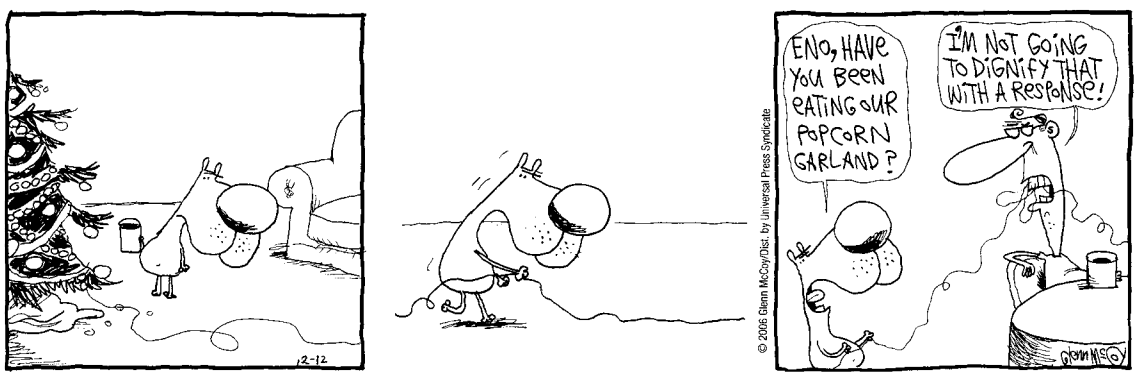
Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*



Horoscope

By Stella Wilder

SAGITTARIUS (Nov. 22-Dec. 21) Someone is sending you a message at this time, and you can't afford to miss it. Make sure you're available at all times.

CAPRICORN (Dec. 22-Jan. 19) It's more important than usual for you to take proper care of both mind and body. You mustn't neglect the things that make you feel great.

AQUARIUS (Jan. 20-Feb. 18) You won't be able to arrange everything you have your heart set on, but if you choose carefully, you can have more than others might expect.

PISCES (Feb. 19-March 20) You mustn't panic over a minor setback. The fact is, you can expect your good fortune to wax and wane somewhat during this period of time.

ARIES (March 21-April 19) You needn't give up — nor do you have to give in to pressure from someone else to do what does not come naturally.

TAURUS (April 20-May 20) Follow instructions carefully; there's no room for experimentation or improvisation at this time.

GEMINI (May 21-June 20) This is a good time for you to employ unusual tactics — especially when facing a challenge that is unfamiliar. Creativity is the key.

CANCER (June 21-July 22) You mustn't let fatigue keep you from embracing a responsibility that you've accepted. You must be willing to go the distance.

LEO (July 23-Aug. 22) You may not be able to make the same progress you did yesterday, but you can't expect such consistency at this time. Things are changing.

VIRGO (Aug. 23-Sept. 22) Potential is on the rise, but, in order to achieve all that is possible for you at this time, you must also set your sights a little higher.

LIBRA (Sept. 23-Oct. 22) You may have to bid a fond farewell to your usual way of doing things. Outdated methods must be replaced by new, more effective techniques.

SCORPIO (Oct. 23-Nov. 21) Don't overlook any details. It's essential you study a problem from top to bottom to learn all you can do to keep it from reoccurring.

Letters

Fare Hike Makes No Sense

I CAN THINK OF SEVERAL progressive ways to keep Metro funded without punishing those who opt to take public transportation ("Metro Facing Huge Budget Shortfall," Dec. 11). For starters, let's enforce the no-driving-while-on-your-cell-phone law. Drivers who put themselves and everyone around them at risk deserve a fine of at least $100, which could be used to fund Metro. How about taxing those who drive their cars during rush hour instead of commuting on Metro? D.C. should encourage more people to take public transportation. Taxing those who already do just does not make sense.

—JACQUELINE BENDER
Washington, D.C.

Correction:

A caption in Monday's sports section incorrectly identified Maryland women's basketball player Laura Harper as Jasmine Stone, who plays for Temple.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1870 Joseph H. Rainey of South Carolina becomes the first black lawmaker sworn into the U.S. House of Representatives.

1897 "The Katzenjammer Kids," the pioneering comic strip created by Rudolph Dirks, makes its debut in the New York Journal.

1906 The Senate confirms Oscar Straus to be President Theodore Roosevelt's secretary of commerce and labor; Straus becomes the first Jewish member of a presidential Cabinet.

1913 Authorities in Florence, Italy, announce that the "Mona Lisa," stolen from the Louvre Museum in Paris in 1911, has been recovered.

1917 Father Edward Flanagan founds Boys Town outside Omaha, Neb.

1996 Hollywood power broker Michael Ovitz resigns as Walt Disney Co.'s No. 2 executive.

Look out People

IAN WEST/AP

Her face wouldn't move. Darn Botox!

WILD

Courtney Free to Again Be Indiscriminately Crazy

Sobbing with joy, **COURTNEY LOVE** thanked a Los Angeles judge Monday after he terminated her probation and dismissed three misdemeanor cases, including two drug-related charges. "Thank you for giving me an opportunity. You've been a good, fair judge. Sorry for crying," she said. (AP)

DULL CELEBS

Kevin Attempts to Out-Bore Alec Baldwin

KEVIN BACON has joined a group fighting to keep Thomas Eakins' 1875 masterpiece, "The Gross Clinic," in its hometown of Philadelphia. The group will work to raise awareness about the social and artistic importance of the work. Bacon, 48, is a Philadelphia native. "This masterpiece and this artist are so intertwined and connected to this city that it should and must remain where it was created," Bacon said in a statement. (AP)

GETTY IMAGES

BAD CELEBS

Ready for Rehab

NICOLE RICHIE was arrested early Monday for investigation of driving under the influence of alcohol. California Highway Patrol officers took Richie, 25, into custody after she failed a field sobriety test. Authorities said they received 911 calls about a car going the wrong way on the freeway in Burbank, and the car matched the description of Richie's. (AP)

INDIGENT

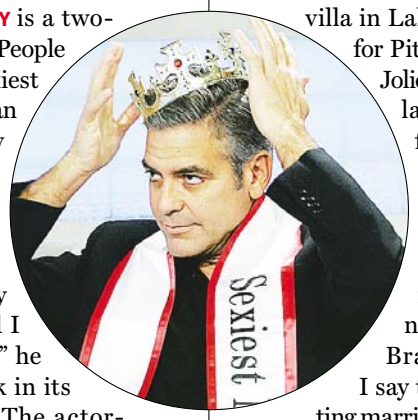
Her Shame and Dignity Were the First Items to Sell

Hundreds of fans and bargain-hunters descended on **TORI SPELLING**'s yard sale and walked away with glasses, paintings, roller skates, a rubber duck and other items. Memorabilia from "Beverly Hills, 90210" also sold quickly. About 300 people showed up at the rented home she shares with husband Dean McDermott. They reportedly plan to open a bed and breakfast outside L.A. (AP)

AGING

Celebrex, Celebrex, Come on and Celebrex

GEORGE CLOONEY is a two-time winner of People magazine's "sexiest man alive." He can woo practically any woman he wants — right? "Um, ah, no, because I also wake up and my knees hurt and I think, 'I'm 45,'" he tells Newsweek in its Dec. 18 issue. The actor-director, who was married in the early 1990s to actress Talia Balsam, is one of Hollywood's most famous bachelors. Media speculation about a wedding at Clooney's villa in Lake Como, Italy, for Pitt and Angelina Jolie, which was rife last year, resurfaced earlier this year. "This year it was Tom and Katie getting married at my house," Clooney said. "With Brad and Angie, I say they're not getting married and the press goes, 'Arrgh!' The more you deny, the guiltier you sound." (AP)



Dakota liked her braces. They made her look even more evil.

CAROLYN KASTER/AP

THE FUTURE

In Fact, You Will Party Too Hard and Burn Out at 20

Not yet 13, **DAKOTA FANNING** is already thinking about what she'll do when she grows up. "I would love to direct someday," Fanning told Time magazine. "I've learned a lot from watching directors I've worked with, like Steven Spielberg and Gary Winick. ... I would love to have that relationship with another actor." Fanning's latest independent movie, "Hound Dog," will be screened at the Sundance Film Festival. "I've never been somewhere where there's that much snow," she said. "I totally want to go skiing. I've heard skiing is super-hard, but I'd like to try it." (AP)

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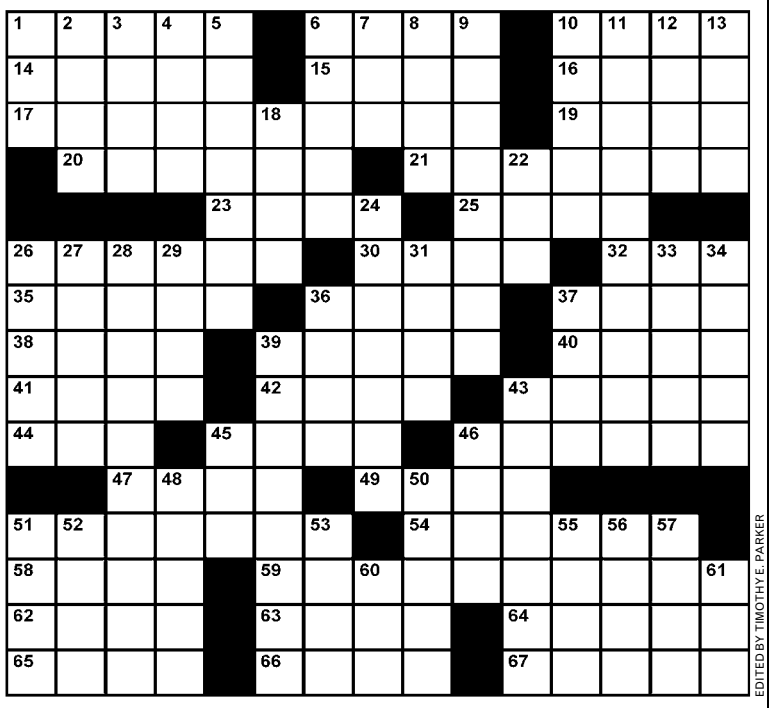
LOOK out

Y's Guys

ACROSS
1 Minty race-day drink
6 "It's good for what ___ ya"
10 Baker's abbr.
14 Dog originally from Japan
15 Sound from a coffee maker
16 German valley
17 Motown's founder
19 It could be a very good thought
20 Farm gadget
21 Popular vitamin brand
23 Tabloid couple, e.g.
25 Kind of child
26 Ringo and Brenda
30 Thomas ___ Edison
32 Make cutting blows
35 Wine list selection, perhaps
36 Deception
37 Shadowy genre of crime film
38 Reverse
39 Far from the city
40 CSA Gen. Robert
41 Whip-tailed swimmers
42 Sanction in wrongdoing
43 Actor Firth
44 Ukr., once
45 "Zip-___-Doo-Dah"
46 Some electronics
47 "I didn't know you were home"
49 Supermarket item abbr.
51 Like a Monday puzzle, to a Friday solver
54 Words starting a Steinbeck title
58 Mediterranean volcano
59 Beloved Chicago Cubs announcer
62 Editor's veto
63 Washstand pitcher
64 Mountain ridge
65 Kiddy litter?
66 Fix the cat, e.g.
67 Bridge locales

DOWN
1 Uppercut setup, often
2 Oahu music makers, briefly
3 One-time Italian capital
4 Irregular French verb
5 Source of profitable success
6 Venerate
7 Like some vbs.
8 Adriatic island chain
9 Many a John le Carre book
10 Type of size
11 "That'll Be the Day" singer
12 Queens diamond?
13 What one may do when one speaks up?
18 Understands
22 Alfonso's queen
24 Singer McGovern
26 San Antonio team
27 Turner and Louise
28 "60 Minutes" regular
29 Critters from Down Under
31 Future atty.'s challenge
33 "Old MacDonald" refrain
34 Some bird bath users
36 Yokel
37 Sign of nightlife?
39 Crunchy root vegetables
43 Hospital test
45 "Well, lookee here!"
46 Persuade
48 Track and field events
50 Towel material, perhaps
51 Run up the flagpole, e.g.
52 "Beetle Bailey" pooch
53 Utter a sharp cry
55 Edible root
56 Bauxite and borax, e.g.
57 Destiny
60 "The Crying Game" star
61 Exclamation of affirmation



EDITED BY TIMOTHY E. PARKER

Yesterday's Solution

G	R	A	D		E	L	L	A		C	O	H	O	S
L	A	N	A		M	E	A	D		O	V	E	R	T
A	G	C	Y		M	O	Z	Z	A	R	E	L	L	A
M	A	H	O	G	A	N	Y		G	O	R	G	O	N
		O	N	E					O	N	L	A	N	D
C	O	V	E	R	L	E	T		G	E	O			
A	R	I		M	A	C	A	W		T	O	P	E	R
P	E	E	R		C	H	E	E	P		K	E	P	I
P	O	S	E	R		O	L	S	E	N		P	E	N
			P	E	T		S	T	R	A	P	P	E	D
A	B	L	U	S	H					T	O	E		
C	O	A	L	E	R		R	E	S	O	U	R	C	E
H	O	T	S	A	U	S	A	G	E		R	O	O	T
E	T	H	E	L		S	C	A	N		E	N	V	Y
S	H	E	D	S		T	E	N	D		D	I	E	M

Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Yesterday's Solution

5	7	9	4	2	8	1	6	3
3	8	2	6	7	1	5	4	9
6	1	4	9	5	3	2	8	7
9	5	1	3	4	7	8	2	6
8	4	3	1	6	2	7	9	5
2	6	7	5	8	9	4	3	1
4	2	5	7	9	6	3	1	8
7	3	6	8	1	4	9	5	2
1	9	8	2	3	5	6	7	4

		1				8		
	9		6		5		2	
6			4		8			9
2			7		9			3
				4				
9			3		6			8
7			5		3			2
	5		9		4		6	
		3				9		

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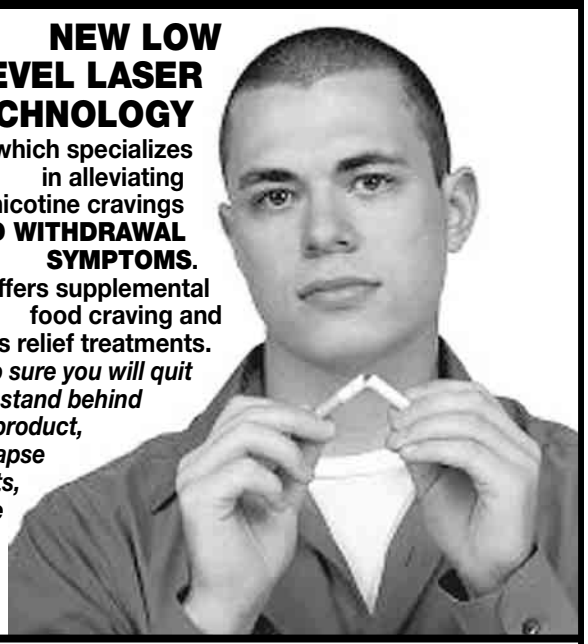

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PHYS ED

Yoga May Be Right

Holly Cruikshank of 'Movin' Out' on how Vinyasa helps her limber up for her role | E5

GOODS

Bad Skin Bites

Gummies that fight acne, Dance Dance Revolution toys, snowshoe tips and more | E3

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NO GIRLS ALLOWED

Guy gyms are stealing tricks from the Curves ladies | E4

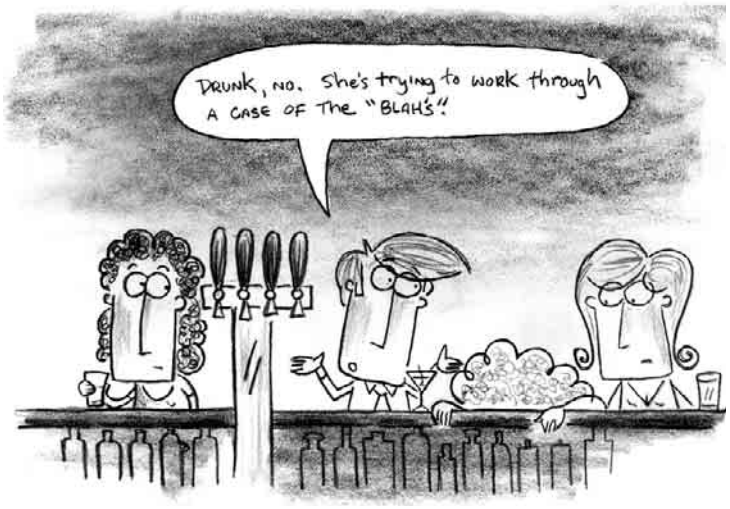
GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Battling the Blahs and Split End-Yanking

Q I am a single female in my early 30s and have been finding my energy level dwindling over the past year or so. I used to go to happy hours and make lots of plans with friends on weekends. Now, I just sort of sit around. I'm OK once I get going, but I'm finding it harder. I don't think I'm depressed, but I know I'm not excited about doing stuff, either. Is this just a case of the "blahs"? Do these things go away on their own? I've been fed up with dating and I know that's a factor, but I'm worried as winter sets in that, if I'm already this cooped up and unmotivated to be social, it's only going to get worse. —TIRED IN D.C.



ERIC REECE

Sometimes the line between the "blahs" and depression can be as thin as Tony Kornheiser's comb-over. Try to pay close attention to your thoughts and feelings, especially when you're in the throes of your inertia, to trace if maybe there really is something underneath that's bringing you down.

Also, it would be wise to get a thorough physical. Physiological issues such as anemia or hypothyroidism can occasionally be the culprits when someone feels unduly exhausted. More likely, however, dating became dispiriting, making you less likely to want to go out, which makes you feel more isolated and "blah," which makes you less likely to go out — now I'm tired! You may also need to find new activities less stale (and less sticky and stinky) than the bar scene — some volunteer work or more intellectually or physically active endeavors might be good for a breath of fresh air.

Challenge yourself to break out of your rut by starting small, with a low-pressure, convenient outing that's comfortable and fun, like seeing a movie with a close friend. Keep trying until getting out there seems to come with less effort. If you find that the ball doesn't start rolling again, talking to someone could give you more insight into what's going on.

Q This is going to sound silly, but I have a bad habit of searching my hair for split ends. I will sit at work or on the Metro and look at the edges of my hair to see whether there are any bad ends in there, and if I find one, I'll yank it out. Apparently, I am not using great hair care products, as there are always more to find, and I now do it whenever I am bored. Is there something wrong with me? —SILVER SPRING

That depends — are you a "House of Carters" fan?

What you describe can be seen as anything from a harmless habit to a more serious compulsion. Are you just yanking off the ends of the hair? (Please wait a moment, as Vidal Sassoon catches his breath.) Trichotillomania — compulsively pulling out the hairs themselves— can start small but really take over in a big way. (It can be successfully treated with cognitive-behavioral therapy.) Either way, if you're doing this to quell anxiety, you may be running from something. Try to figure out exactly what this behavior is getting you — relief from occasional boredom and bad-hair thoughts? Or relief from a gnawing, edgy urge that won't go away? If it starts to spread — either in frequency or in breadth — then you'll know it's time to get it under control.

> Find activities less stale (and less sticky and stinky) than the bar scene.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.

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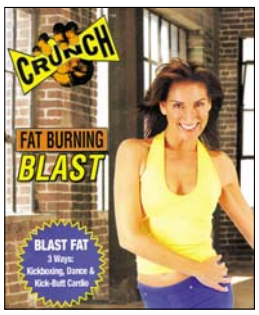
NEW IN HEALTH **warm ups**



Ready to Blast Off

NONCOMMITTAL EXERCISERS who get bored by one style of workout can sample three in "Crunch: Fat Burning Blast" ($15). In about 50 minutes, spunky Lizbeth Garcia warms you up, gives you three segments of heart-pumping aerobics (Latin dance, kickboxing and the unfortunately named "Sweatshop"), cools you down and does some ab work. It'll make your brow moist, but only her "power bursts" — three one-minute, high-energy segments — are strenuous enough to work up a real sweat.

King of the Dance Floor

CHOWING DOWN ON Burger King's burgers or crown-shaped chicken tenders isn't all that healthy, but through the end of December, BK's kids meals are coming with a fitness kick — a Dance Dance Revolution-themed toy. We dig this water bottle (with a belt clip so you can hydrate while you move) and "Feet Beat," which you thread into your shoe laces to hear silly noises when you stomp. To really make your kid healthy, order the applesauce instead of the fries.

Pop These, Not Pimples

SKIN-DRYING SERUMS are one way to zap acne. Or you can gnaw on Frutels gummies ($25 for one-month supply, frutels.com). The squishy vitamins are packed with vitamin C, riboflavin, vitamin B12 and more. And they reek. One tester said: "I'd rather have acne." But if you hold your nose, you'll find they have an inoffensive Tang-esque flavor. Do they clear up skin? Our results were inconclusive. But the smell will keep people far enough away that they won't see your blemishes anyway.

PRODUCTS

GearHead

Walking in a Winter Land

D.C. HAS YET to see a flurry, but in the mountains of West Virginia, snow-sports season has begun. And one option that's growing in popularity is snowshoeing.

David Cooper, recreation and events manager at Canaan Valley Resort (canaanresort.com), said that although the resort rents out equipment, many people are buying their own snowshoes, thanks to their growing availability at sporting goods stores and outlets such as L.L. Bean. Although wooden ones have a traditional appeal, he suggests going for newer models made of metal — Atlas and Tubbs brands are good bets.

As for size, consider the depth of snow you plan to be tramping in. The deeper the powder, the bigger the shoe you'll want. In Alaska, go huge. At Canaan, go smaller (about 11 inches wide and 24 to 30 inches across) to make it easier to move around. "Although you'll really get a workout with big shoes around here," Cooper said.

VICKY HALLETT (EXPRESS)

SHARE YOUR

NEW YEAR'S RESOLUTIONS

After the gluttony of the holiday season comes the slew of promises. Are you planning on forgoing happy hour, commuting to work by bike, taking up Pilates or doing something else to improve your health in 2007? Send your resolution, along with why you're doing it, to vicky.hallett@readexpress.com. We'll print an assortment of interesting ones Jan. 2 — and then we'll follow up to see whether you stuck to your new routine.

express

fit | Phys Ed

THE EXPERTS

TrainReaction

Bell Weather

Q I am a 34-year-old man and I'm about to start training with kettlebells. What weight should I be using as a beginner? Where I can get them? What's a good exercise to get me started?

Congratulations on starting your kettlebell-based exercise routine! You will find that this type of training is the ultimate in core strengthening and total body power development. The average-sized man should start by using a 35.2 lb. kettlebell; the average woman should use 17.6 pounds. (Find them at performbetter.com.)

The first exercise I have my clients perform is the kettlebell swing. Start in a wide stance, with your feet turned out slightly. Hold the kettlebell between your legs with both hands on the handle. Sit back with the hips in a squat position; be sure to keep your back straight and your head up. Hinge from the hips to create the momentum you'll need for the swing. As you stand up, tuck your hips under your body and swing the kettlebell forward with your arms. Remember to exhale as you stand. At the end of your movement, your arms should be parallel to the floor. Sit back in your squat position, with your arms between your legs and repeat the motion.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.

VITALSTATS

70

NUMBER OF FEWER CALORIES WOMEN IN A STUDY CONSUMED WHEN TOLD TO TAKE THEIR TIME EATING PASTA AND SAUCE.

MICHELLE REPISO/EXPRESS

Inspirational messages help push members of Alexandria's Cuts to keep coming to improve their bodies and health.

Man, I Feel Good

All-guy gyms are trying to copy the Curves model

Mark Wilson wasn't exercising as often as he knew he should. He just wasn't motivated to get himself to a large gym on a regular basis. He needed a no-fuss workout to work his muscles without taxing his schedule.

What he was craving was a lot like Curves, the chain of tiny circuit gyms that have become a fixture of suburban strip malls by offering a full-body burn in just half an hour. The problem for guys like Wilson? It might be strong enough for men, but Curves is made strictly for women.

To fill the void, Cuts and The Blitz, two all-men's circuit-training chains, have sprung up, swapping the pastels for neutrals and manly primaries, and providing heavier-duty workouts.

Wilson found fitness heaven at Cuts in Alexandria, which opened in August. "The structured workout has made all the difference," said the Arlington software architect, 48. "I need the strict regimen. It's predictable and sustainable. I don't putz around and flip-flop about what exercise to do." The Blitz is also working its way into the Washington market with a branch in Hagerstown.

Although the testosterone-laden scenes may conjure up images of Muscle Beach, this is not Hans and Franz territory. "We're directed not at the guys who want to build up, the Schwarzeneggers, but at the family guy from 30 to 65 or 70 who just wants to come in and be healthy for his family, work out, get it done and go home," said Cuts franchise owner Dave Hommerbocker.

The chains' goals are the same: to lower heart rates and cholesterol levels and shrink waists, all in 20 minutes at The Blitz and 30 at Cuts, but their methods differ slightly. At Cuts, cardio is a more integral part of the workout, with two Stairmasters, two stationary bikes and one rowing machine. At The Blitz, heavy punching bags are positioned at every third station.

For strength, both use double concentric contraction machines, which force users to exert power not only out or up but also back to the start position. Imagine rowing a boat but never bringing the oars out of the water to get an idea of the resistance.

Though you won't hear plates slamming, it's far from low-impact, leaving little breath for shooting the breeze. That's not to suggest socializing isn't part of the allure of these more intimate gyms. Hommerbocker says military officers from the three area bases enjoy the casual atmosphere, which frees them from "talking shop."

As an ex-military serviceman, physical therapist Keith Rozelle knows the benefits of the focused regimen he's getting at The Blitz. "For one, my cardio has really picked up," Rozelle, 36, of Mercersburg, Md., said. "I feel more in shape and I can tell I'm getting tighter, my clothes are fitting better and everything. [My girlfriend] wants to relax and I don't want to relax now."

The Blitz owner Bernie Gettel, a physiology teacher at Penn State's Mont Alto campus, has seen many members benefit. "After they're here awhile, they say, 'The doctor's really happy. My blood sugar has stabilized, my cholesterol is down, my weight's down, I have increased flexibility.' One guy, after he'd been here about a week and a half, said, 'Look, I can reach down and pick up this pen off the floor.'"

CHRISTIAN PELUSI

THE BOYS CLUBS

➜ **THE BLITZ:** Two laps/16 stations/30 seconds per station. Four rest areas per circuit of 30 seconds each round out the 20 minutes. A one-year membership is $79 to enroll, $15 for gloves (required for punching-bag usage) and $30 per month. (18028 Maugans Ave., Hagerstown; 301-393-5380; timetoblitz.com)

➜ **CUTS: FITNESS FOR MEN:** Three laps/15 stations/40 seconds per station. A one-year year membership is $100 to enroll and $39 per month; $29 for military, police and fire personnel. (6328 Richmond Highway, Alexandria; 703-721-3488; cutsfitness.com)

PUMP IT UP

LEGS LIKE OAKS: STANDING TOE RAISES

➜ **YOU'LL NEED:** A step and a wall or post for support

➜ **STARTING POSITION:** Place a step next to, but not touching, a wall or post. Step onto the platform facing the wall, and move forward until only your heels are on the platform. Your feet should be hanging off the platform.

➜ **MIDDLE POSITION:** Slowly raise your toes as high as you can. Notes: To make the workout tougher, pause at the midway point on the way up, then proceed to the top of the movement. Don't pause on the way down.

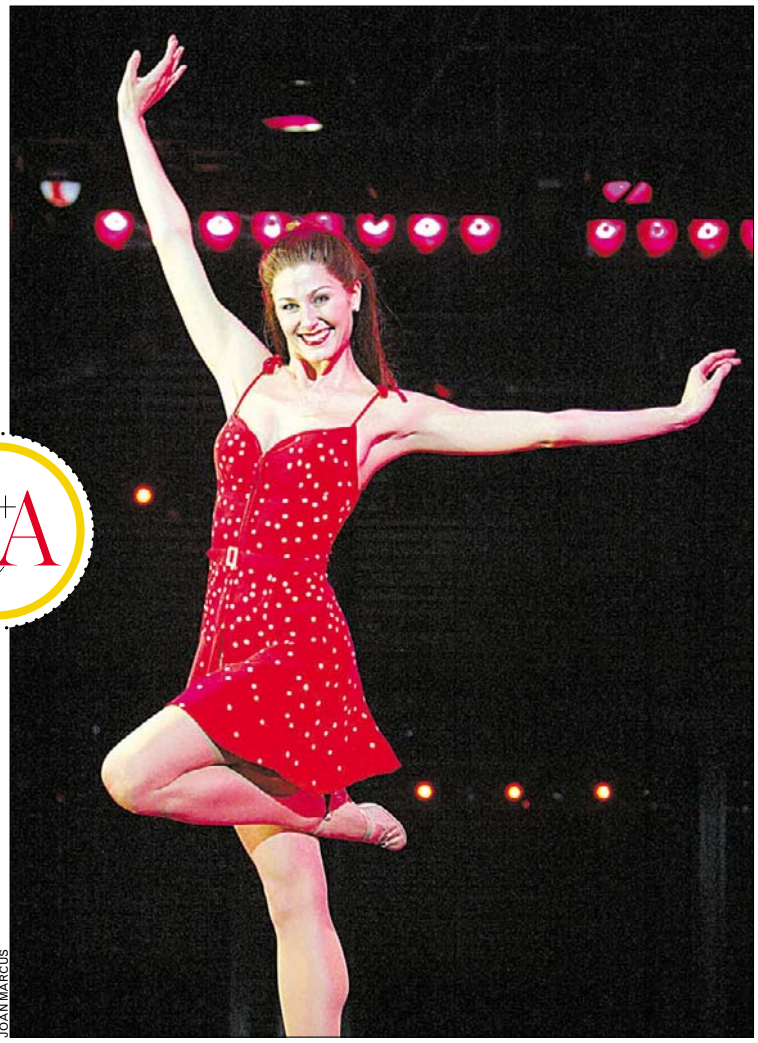
➜ **THE FINISH:** Slowly lower to the starting position. Notes: Don't bounce at the bottom of the movement. Another way to make this one tougher is to do it one leg at a time. Do this exercise in conjunction with a standing calf raise before moving on to the next exercise. (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

Tell Us About It

The big shot in 'Movin' Out' spills her secrets

All of the spinning, flipping and flitting of the cast of "Movin' Out" (playing at the National Theatre through Dec. 23) creates quite the spectacle. But it's the moves of the impossibly long-limbed Holly Cruikshank, one of two dancers switching off in the part of Brenda, that truly amaze. One woman in the audience last Tuesday remarked, "What a body!" Anyone who watches the 6-foot-tall beauty onstage will agree. Cruikshank chatted with Express' Vicky Hallett about how she stays energized for two hours of arduous dance moves.

Q+A



JOAN MARCUS

Cruikshank demands attention with her outfit and moves in "Uptown Girl."

Do you do anything other than the show to stay in shape?
I'm addicted to yoga. And it's wonderful to be in D.C. because one of my favorite yoga studios is here: Down Dog Yoga in Georgetown. The classes are so intense. But it's true. I have the best job in the world because the show is the best workout I could possibly imagine. I can eat whatever I want when I'm doing it.

Any kind of yoga?
Vinyasa — and I like it more if it's heated. It's similar to a dance class, so it's what I'm used to. But it helps keep my spine limber and helps when I feel so sore and tight.

Anything else you like to do for exercise?
I used to love spinning, but I can't do it with the show. My legs are too burned out.

What's the hardest part of doing the show?
There are two numbers in the second act back to back, "Big Shot" and "Big Man on Mulberry Street," that have the craziest lifts. I'm always relieved when those are over. I've been doing the show for four and a half years and it doesn't get any easier.

Are other cast members yoga fans?
A couple of the other dancers come with me, but a lot of people go to the gym and we have ballet class twice a week.

> "It's like being on a sports team. You really need that day of recovery."

But what do you have to learn?
It keeps our technique strong. We're doing the same moves every night and they work specific muscles, so it's a form of cross-training to dance with all of our muscles.

You get every other day off, right?
It's like being on a sports team. You really need that day of recovery, so on the day of a show my ankles aren't hurting and I don't feel like I've rolled down a cliff. It takes a toll on the body and there's a lot of wear and tear, so I try to spend that day off doing nothing. I like to do tourist things.

And eating whatever you want?
I say that, but I'm pretty health-conscious. People always come to me during the show because I have snacks, like Whole Foods raw almonds. I love nuts. I always have Clif Bars and peanut butter. The food thing is so hard because we perform at 8 p.m., so we have to eat at 4. And we have to eat enough so your blood sugar doesn't get too low while you're performing, but not too much so you feel it the whole time you're onstage. After the show, we all go and eat at 11, usually at Old Ebbitt Grill because they serve until 1 or 2.

HEY, is that your bag?

If you see someone leave something on a bus, in a train or a station, **kindly ask them, "Is that your bag?"** If they don't take it, or if you see any unattended item, please report it to a Metro employee or call Metro Transit Police at 202-962-2121.

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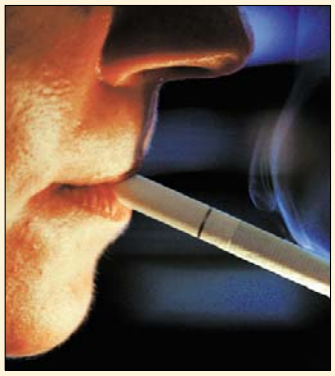
STUDIES

Stethoscope



Smoke It Out

■ Quitting smoking is usually an endeavor that requires tools, like gum or carrots. Add to that list ... more cigarettes. University of Vermont researchers found that smokers who didn't want to quit kicked the habit unexpectedly when they reduced the number of cigarettes they smoked each day. John Hughes (not the Brat Pack director, but a psychiatry professor) cautioned, however, that smoking fewer cancer sticks per day doesn't actually lessen the health risks associated with smoking.

Hear Me Now

■ Attention, all of you cell phonephobes who use your speaker phone function while keeping your mobile at arm's length from your head. Stop it. Not only do you look idiotic, but now you don't even have a health excuse. Researchers from the Danish Institute of Cancer Epidemiology studied 420,095 people to figure out whether there's a link between yakking on a cell phone and cancer. Their findings? There is no connection. So yak on, my good friends, yak on.

Just Wait 20 Years

■ Talk shows and sensational magazine covers have spent the past few years telling women they may all be infertile if they don't have kids tomorrow. It turns out young teenage girls have taken the message to heart. An investigation by Rhode Island doctors published in the December issue of Obstetrics and Gynecology found that 42 percent of 300 pregnant adolescents surveyed had feared not being able to have kids.

Solve Your Cold Case

Fighting the virus that gets you sniffling, sneezing and hacking

We've been pathetic in our battle against the common cold. Take this strategy employed by American colonists: "[They] pared orange peels, rolled them up inside out, and stuffed them into the nostrils."

Not our best moment. But this cold season is going to be different. Our tactics? Speed and science. We've assembled the latest research on how to arm your immune system.

GETTY IMAGES

Eat the Antiviral Breakfast

Woke up sick and tired? The right morning meal can quash the cold virus. In a recent study from the Netherlands, researchers analyzed the impact of a 1,200-calorie breakfast on a man's immune system, versus eating nada. Eating big and early increased blood levels of gamma interferon, a natural antiviral agent, by 450 percent. More research is needed to determine whether fewer calories will have a similar effect, so shoot for 1,200 every morning until your symptoms vanish. Hit your quota by eating Kellogg's Raisin Bran with 2 percent milk, orange juice, a PB&J English muffin and a smoothie.

Stress Out Your System

If you get attacked at the office, strike back with stress. When Ohio State University researchers had 34 men either take a 12-minute memory test or watch a 12-minute video about surgical procedures, they found that the test-takers' levels of SIgA, a key immune-system protein, shot up. (The SIgA levels of the guys who saw the gore went down.) So expose yourself to short-term stress, the kind you have some control over, and you'll supercharge your immune system. Take on a small extra project at work or help a co-worker with a task. Already swamped? Play a video game.

Brew the Cold Virus Killer

Swap your 3 p.m. coffee for a caffeine-toting cold buster: green tea. When Canadian researchers added green tea to lab samples of the adenovirus (one of the bugs responsible for colds), they found that it stopped the virus from replicating. All the credit goes to EGCG, a chemical compound found in certain kinds of tea, but in the highest concentrations in green tea. Start pumping green tea into your bloodstream at the first sign of a cold and you should be able to stop the advance of the adenovirus. To brew the maximum amount of EGCG, boil a mug of water in the microwave, toss in a tea bag, and let it steep for 10 minutes. Sweeten with honey.

Playing Xbox and accepting extra projects at work can help you take on a cold.

Recharge Your Batteries

We love Leno, but call it a night. According to Michael Irwin, M.D., a psychiatrist and sleep researcher at UCLA, if the amount of sleep you're logging decreases by 40 percent or more (for instance, you sleep four hours instead of the usual seven), the effectiveness of your immune system will decline by 50 percent. And for the immune system to operate at full strength, you'll need to sleep a straight eight hours, the amount shown to produce the highest levels of "natural killer cells," which attack viruses.

Squat Away the Sneezes

It's harder to hit a moving target, and that goes for a cold virus that's throwing punches, too. In a recent University of Massachusetts study of 547 people, researchers found that the most physically active people had 25 percent fewer upper-respiratory infections over the course of a year than did the couch potatoes. Exercise may strengthen immune function, in part by increasing the body's production of white blood cells. Aim for an hour of moderate activity daily. JAMIE BECKMAN (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you suffer frequent nosebleeds? Do you bruise easily or bleed copiously from cuts, or even spontaneously? Are you male? You may have **CHRISTMAS DISEASE** — less excitingly known as hemophilia B. It's one of the few illnesses named, not for the person who discovered it, but for the first patient diagnosed. Stephen Christmas earned this dubious honor as a 5-year-old in 1952. Like the more common A variety, B is a hereditary condition affecting blood's ability to clot. Milder cases can go undetected until adulthood, while more severe afflictions are diagnosed early in life. To treat it, doctors give patients infusions of the defective clotting factor.

SOURCE: RAREDISEASES.ORG, NLM.NIH.GOV. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

THE EXPERTS

SkinDeep

Lip Service

Q Why are my lips suddenly chapped but I almost never go outside? What should I use?

UNLESS YOU'RE A LIZARD, licking your lips is likely the culprit, said D.C.-based dermatologist Courtney Herbert. And your diet may contribute to that. "Sometimes if you eat a lot of really spicy foods or drink a lot of hot coffee, it makes you lick your lips," said Herbert, which makes the condition worse. "And some people have scaly spots on their lips from past sun damage."

Put down the Chapstick and Carmex, though. "They can be addicting. You use them and then your lips depend on them" for moisture, which starts a vicious

cycle. Instead, Herbert recommends Aquaphor or Vaseline (both are petroleum jelly-based). Apply them at night, so they have plenty of time to work their magic before being licked off. If that doesn't sooth and smooth, a dermatologist can prescribe a very mild steroid ointment for short-term use to get your kisser kissable again. L.T.

Want us to ask a dermatologist your skin question? Send your query to skindeep@readexpress.com.

VITALSTATS

14.5

NUMBER, IN MILLIONS, OF GALLONS OF GRAIN ALCOHOL CONSUMED IN FINLAND LAST YEAR, CAUSING HEALTH CONCERNS.

Ultrasonic Skin

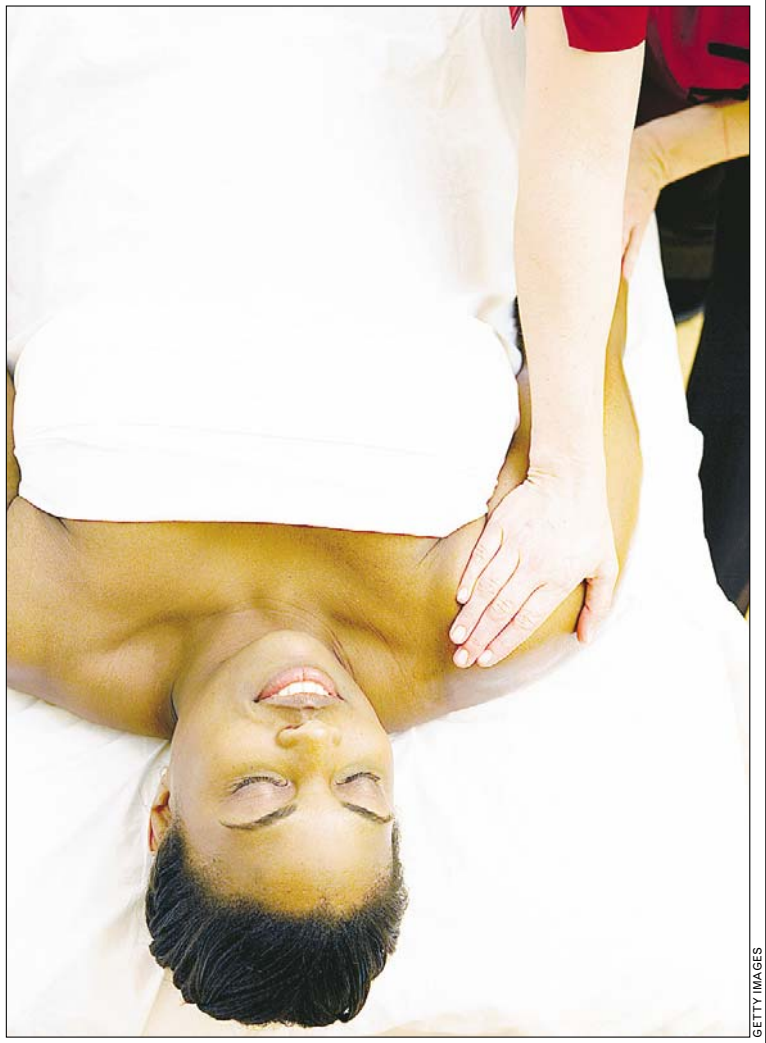
Sound waves dig deep for serious cleaning

From uneven coloration to ingrown hairs, African-Americans have special skin care needs. Enter the Special Care Retreat Spa in Bowie, a refuge for the ethnic epidermis. The hour-long ultrasound facial will recharge and revitalize even the driest skin while rendering it as smooth as a baby's you-know-what.

PHILOSOPHY: Ultrasonic waves get the blood pumping to improve circulation, generating new cells and leaving skin glowing. They also lessen hyperpigmentation — a common condition in which black skin develops darker patches — and lift dirt and dead skin cells to reveal a smoother, more even skin tone.

PROCEDURE: You'll think you're lost when you reach Special Care, because it's within owner Marilyn Dawson's own home. But once inside, you'll know you've come to the right place. Dawson downsized from her multi-stationed Silver Spring location when she felt she'd lost the opportunity for personal touch. She now tends to no more than two clients at a time.

The soft music and numerous candles — along with repeated urges to "Relax" — make you feel right at home in her waiting room. The staff is solicitous and friendly, but professional. After being offered your choice of water, tea or juice, you're asked to answer a fairly extensive medical questionnaire — Dawson is an R.N. and approaches her esthetician duties with a keen eye toward health and wellness, and the answers help her guide you to nourish your skin from within.



GETTY IMAGES

Bliss Out

Special Care Retreat Spa, 13902 Mount Oak Ct., Bowie; 301-430-7138; specialcarespa.com. Price: $140. Duration: one hour.

Once the formalities are finished, you retire to one of three treatment rooms. Your upper body is draped in a towel as you lie back in the chair, so she can focus on your décolleté as well as your mug. Steam and a chamomile cleanser prep the pores, then a pineapple-enzyme exfoliator scares them into submission. A quick swipe of cucumber and aloe vera toner removes excess cleanser.

Then it's off to the races with the ultrasound machine for a deeper clean. This little wand, reminiscent of a carpenter's putty knife, sounds like a cross between an electric razor and a tiny jackhammer. You can actually feel when it hits and removes a blemish, but there's no pain to the procedure at all; the sensation is more like driving over a low-grade speed bump.

> **It feels like your skin cells threw a party in your mind.**

More steam and a vitamin seal (with A, C and E to help heal the skin and improve circulation) follow. The hydronic acid serum, which smells strikingly like orange juice, is applied to renew cell growth, and a pat-down with warm paraffin helps lock in the moisture. Finally, you're swiped with one more helping of the cucumber/aloe toner.

OUTCOME: Your skin is soft, smooth and glowing — and the results lasted for weeks. And there's a euphoric sensation that goes along with a face that feels so fabulous, almost like your stimulated skin cells are throwing a party in your mind. With no tell-tale redness after the treatment and the bubbly mental state, it's a great pre-holiday party pick-me-up. LYNN THORNE

Try Nature's Toothbrush

An Apple a Day Keeps Teeth-Whitening Procedures Away

The mildly acidic nature and astringent quality of apples, combined with their rough, fiber-rich flesh, makes them the ideal food for cleansing and brightening teeth," explains Jeff Golub-Evans, DDS, a cosmetic dentist at New York University.

Crunchy foods, including apples, celery and carrots, act like little toothbrushes when you chew them, and they actually help scrub away stubborn stains over time. Their cleansing effect on your teeth may be noticeable — if ever so slightly — especially if you're a coffee drinker who wasn't eating a few red delicious and pink ladies every day to begin with.

ISTOCK.COM

If you start eating an apple a day as a between-meal snack and don't get the chance to brush your teeth afterward, be sure to chase it with a tall glass of water to rinse away the sugar, acid and any plaque it may have removed from your enamel. And then proudly show off your pearly whites. LAURA GOLDSTEIN (REPRINTED WITH PERMISSION FROM PREVENTION MAGAZINE © RODALE INC.)

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